

OUR BEST HOLIDAY RECIPES OF THE DECADE

# Clean Eating

Improving your life one meal at a time.

NOVEMBER/DECEMBER 2015

# 40

Recipes for  
*Healthy  
Holiday*  
Inspiration

ENERGIZING  
**STRESS-  
FREE**  
MEAL  
PLANS

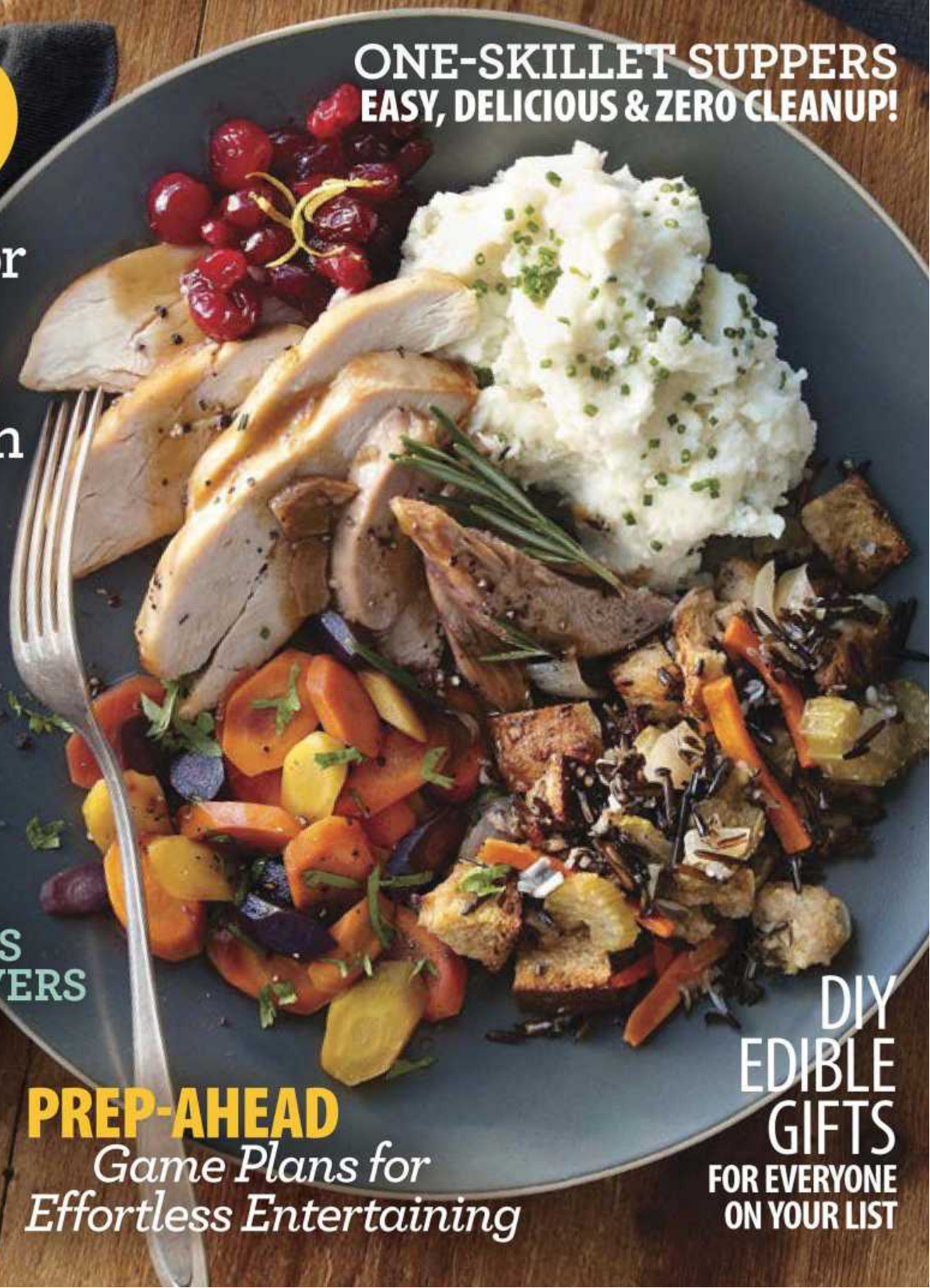
GENIUS USES  
FOR LEFTOVERS

**PREP-AHEAD**

*Game Plans for  
Effortless Entertaining*

ONE-SKILLET SUPPERS  
EASY, DELICIOUS & ZERO CLEANUP!

DIY  
EDIBLE  
GIFTS  
FOR EVERYONE  
ON YOUR LIST





# Sustainably Grown

because what begins on our farm, ends at your table.

100% sun-sweetened sugar cane,  
grown and harvested in the U. S. A.  
with the same care you take  
preparing food for your family.



*Earth Friendly.  
Uniquely Delicious.*



©2015 Domino Foods, Inc.



Find our recipe for Holiday Cranberry Cake at [floridacrystals.com](http://floridacrystals.com).



# Clean Eating

NOVEMBER/DECEMBER 2015



P. 52

P. 75

P. 50

On our November/December 2015 cover we feature recipes from "Your Perfectly Planned Holiday Meal," p. 36  
Photography by Yvonne Duivenvoorden  
Food styling by Claire Stubbs  
Prop styling by Madeleine Johari

P. 58

P. 68

## Our Best Holiday Recipes of the Decade

### 36 A PERFECTLY PLANNED FEAST

From appetizers to mains to dessert, host your best holiday meal yet with these 10 stunning recipes and their accompanying game plan for make-ahead ease.

By Jill Silverman Hough

### 50 REINVENT YOUR LEFTOVERS

Turn big-gathering remnants like green beans, stuffing and cranberry sauce into entirely new and surprising dishes.

By Jill Silverman Hough

### 52 ONE-SKILLET SUPPERS

Mouthwatering one-pan meals that cover the gamut from Thai to Mexican. Only 30 minutes of hands-on time and no cleanup? We'll take it. By Alison Kent

### 58 YOUR THANKSGIVING-TO-NEW-YEAR'S FESTIVE MENU

A spectacular and healthy holiday spread to take you from Turkey Day to 2016. By Julie O'Hara

### 68 DIY GOODIES

Marmalade, fruitcake and spice cookies, oh my! Concoct your own delicious homemade gifts for your friends and family. By Nicole Young

### 75 STAY ON TRACK THIS SEASON

Is the season's barrage of parties and family gatherings threatening to make you stray from your healthy lifestyle? Hold strong to your clean-eating ways (and skinny jeans) – our 14-day meal plan is packed with 70 standout recipes so you can stay trim and healthy through the new year.

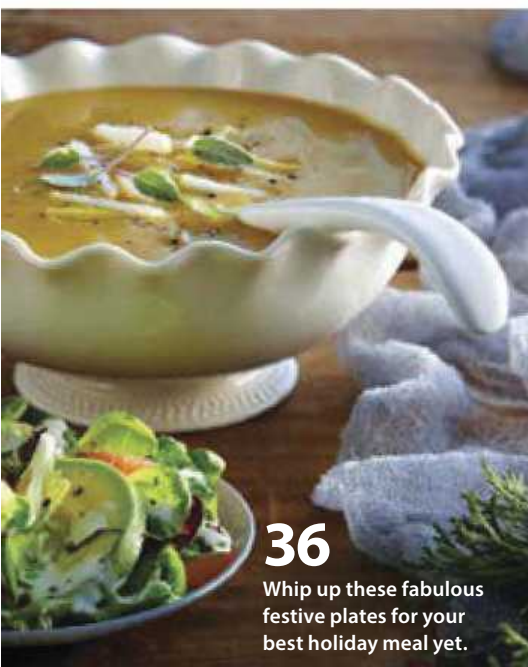
By Heather Bainbridge

Festive Clementine & Pomegranate Marmalade p. 74

## contents

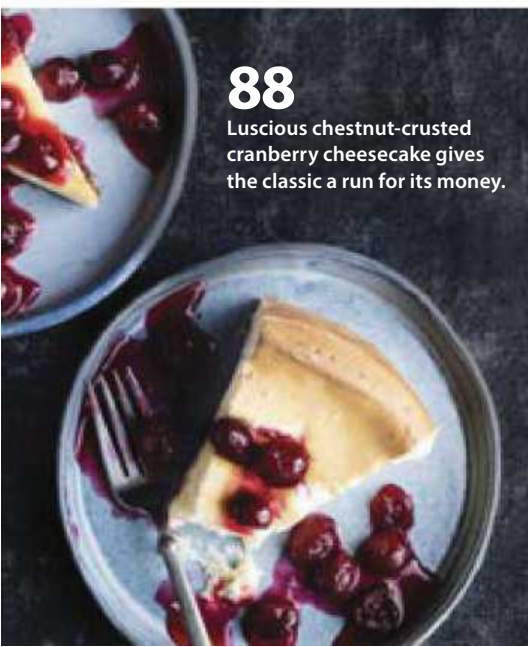


**52** Whet your appetite with these scrumptious and nutritious one-pan meals.



**36**

Whip up these fabulous festive plates for your best holiday meal yet.



**88**

Luscious chestnut-crusted cranberry cheesecake gives the classic a run for its money.

## be inspired

### 84 GEAR & GADGETS

Find the perfect present or treat yourself to something new among *CE*'s top kitchen tools and accessories.

### 88 SWEET TOOTH

In search of a healthy celebratory dessert? Look no further – our luscious, velvety Chestnut-Crusted Cheesecake with Cranberry Sauce hits the spot.

### 32 CLASSICS, ONLY CLEANER

Satisfy your need for comfort-food with this warming, cheesy mac and cheese that won't pack on the pounds thanks to its star ingredient: butternut squash.

### 86 TRY THIS... WITH THAT

Create endless menus with *CE*'s essential pairing guide.

## weight loss

### 30 CLEAN GREEN EATS

Channel your inner Martha with a from-scratch creamy pumpkin-coconut pie; plus, check out Candice Kumai's chic and healthy must-haves for the foodies and beauty lovers in your life.

### 28 KITCHEN TOOLS

Become a mix master and discover the best hand mixers of the moment.

## eat smart

### 16 BITS 'N' BITES

Food, health and nutrition news you can use.

### 22 SUPERMARKET GUIDE

Craft an enviable cheese plate with these exceptionally clean gourmet cheeses.

### 26 FOODIE FAVES

From Chardonnay to chocolate, these truly unique foods and drinks are some of our favorite ways of spreading the cheer.

**84**

Take a peek at these bright and bold kitchen items for the home cook.





# 'TIS THE SEASON TO EAT *sweet*

AWARD-WINNING  
*taste*



## APPLE WALNUT CAKE

### Ingredients:

- 2 cups applesauce
- 8 pkt. SweetLeaf® Organic Stevia Sweetener
- ½ cup soy margarine or butter
- 3 eggs
- 3 cups sifted whole-grain flour
- 1 ½ tsp. salt
- ½ tsp. baking soda
- 1 tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- 1 Tbsp. vanilla extract
- 1 cup chopped walnuts
- 3 cups chopped Macintosh apples
- ½ cup dried cranberries



### Directions:

Preheat oven to 350°F. Butter and flour one 10-inch tube- or Bundt-cake pan. Cream together the applesauce, butter, and SweetLeaf® Organic Stevia Sweetener. Add the eggs, one at a time, beating well after each addition. Set aside. Sift together the flour, salt, baking soda, cinnamon, and nutmeg. Add to the wet ingredients and mix well. Stir in the vanilla, walnut, cranberries, and apples. Mix well and pour into the prepared cake pan.

Bake at 350° F for about one hour, or until a toothpick inserted into the center comes out clean. Set aside to cool. Once cool, slide knife along the outer edges of the pan to release pan bottom. Then along the bottom and inner tube of the pan to release cake onto serving surface.



**ZERO carbs • ZERO calories**  
QAI-certified

**Serves 20 • Calories per serving: 180**

For more delicious holiday recipes visit: [www.SweetLeaf.com](http://www.SweetLeaf.com)

BUY: [www.ShopSweetLeaf.com](http://www.ShopSweetLeaf.com) and in your natural foods or grocery store. [LIKE US](#) FACEBOOK

**ALL  
NEW**



THIS HOLIDAY SEASON,  
MAKE HYDRATION DELICIOUS  
SweetLeaf® Water Drops™



THE  
PERFECT  
STOCKING  
STUFFER



# WHAT'S FRESH AT cleaneating.com

## Clean Eating Fans Have Spoken

**Do you have a signature dish that you cook every holiday?**

Candied yams. I have been able to take the original recipe that was handed down to me and clean it up. I now use organic yams and maple syrup instead of brown sugar or marshmallows.

– **Laura Pearl**

Mulled wine. Makes the house smell amazing!

– **Jeannine Harber**

Butternut squash bisque.

– **Michelle Kalac Pilch**

Sausage and spinach stuffing. Yum.

– **Shelly Barker**



**Your Adventurous Holiday Menu**



**Sweet & Spicy Goat Cheese Spread**



**Cinnamon Raisin Banana French Toast Casserole with Oat Crumble**

Follow us on:



## Carrington Farms<sup>™</sup> Liquid Coconut Cooking Oil is Changing the Way You Cook



Use code **CE20**  
to get **20% off** your  
online order.

(offer expires 12/31/15)

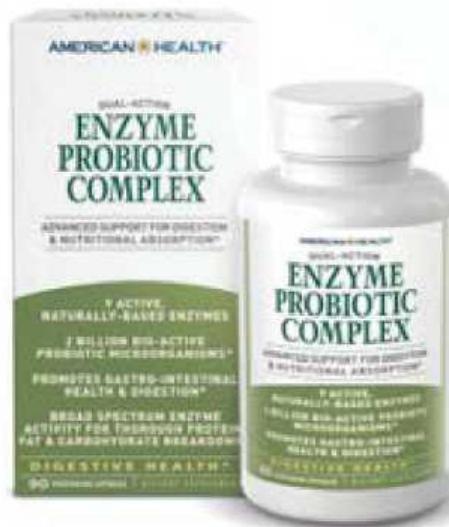
- ✓ Great alternative to traditional oils
- ✓ All the benefits of coconut without the coconut flavor or odor
- ✓ Remains liquid at room temperature
- ✓ Great for medium to high heat cooking
- ✓ Flavors Available: Unflavored, Rosemary, Garlic and Sriracha



**Healthy Foods for a Healthy Soul!**  
[www.carringtonfarms.com](http://www.carringtonfarms.com)



From  
beginning  
to  
end:  
support  
all  
the  
way  
through.



**When it comes to healthy digestion, sometimes one approach isn't enough.** That's why Dual-Action Enzyme Probiotic Complex gives you the best of both worlds... enzymes *and* probiotics all in one formula.

Enzyme Probiotic Complex contains 9 active, naturally-based enzymes that break food down into absorbable nutrients for energy and cell growth.\* It also contains 2 billion bio-active probiotics^ that promote your natural digestive process and support immune health.\* And, since Enzyme Probiotic Complex works on fats, carbohydrates and proteins... you can be confident that you're getting complete digestive support from just one convenient complex.

So for support from top to bottom... discover Enzyme Probiotic Complex.

Available at health, natural food and vitamin specialty stores.  theVitaminShoppe

\*These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure or prevent any disease.

\*At Time of Manufacture.

©2015 American Health, Inc. | 15-AH-1006

**AMERICAN HEALTH®**  
*good health made simple™*  
[www.AmericanHealthUS.com](http://www.AmericanHealthUS.com)



# TRIED & TRUE



When it comes to planning a holiday meal, I need to know that the recipes I choose are going to be a smash hit with friends and family. You really only get one shot at making the perfect turkey, brisket, stuffing and pie, so a tried and true recipe is definitely in order. That's why this issue is going to be your new best friend this Thanksgiving through New Year's – every single recipe was carefully chosen based on the top-rated and top-reviewed holiday recipes we've ever published since launching *Clean Eating*. Of course, not every meal can be an elaborate smorgasbord, and for that reason we're also giving you our easiest-ever one-skillet meals that can be made in 30 minutes or less and will leave you with very few dishes to clean (p. 52). You'll also find another reader fave: our two-week meal plan plus shopping lists to keep you on track between celebratory spreads (p. 75).

Don't worry about counting calories this holiday season. You really don't have to when you're eating clean meals made entirely of nutrient-dense whole foods. Plus, 'tis the season to savor and enjoy. When you're ready to rein yourself in a little and lighten up come January, I have the perfect plan for renewed inspiration and motivation.

I'm beyond excited to announce the launch of the Clean Eating Academy. In September, we rolled out our first 14-week clean cooking and nutrition intro series, led by veteran culinary instructor Chef James Smith, done entirely online. Readers went wild for the in-depth course and snatched up nearly 300 seats, so we're currently working around the clock on our next two. In the meantime, we will be re-releasing the first course this January for those who missed it and want to take their clean cooking and nutrition skills to new heights. Finally learn proper knife skills and how to care for your chef's knife, find out which foods are clean-eating approved and which aren't, learn to clean up any recipe from anywhere, how to cook for disease prevention and properly balance each meal for all-day energy and weight management, how to read a nutrition label like a pro and so much more. Sign up for more information at [aimhealthyu.com/cea](http://aimhealthyu.com/cea). I think you'll feel truly inspired to step up your clean-eating game next year – not to mention enrollment makes a wonderful gift for that special someone who has everything!

Happy Holidays from the entire *Clean Eating* team!

  
Alicia Rewega  
Editor-in-Chief

Write to us! We're listening.  
[CEeditorial@aimmedia.com](mailto:CEeditorial@aimmedia.com)



## What is Clean Eating?

The soul of clean eating is consuming food the way nature delivered it, or as close to it as possible. It is not a diet; it's a lifestyle approach to food and its preparation, leading to an improved life – one meal at a time.

**Eat five to six times a day** – three meals and two to three small snacks. Include a lean protein, plenty of fresh fruit and vegetables, and a complex carbohydrate with each meal. This keeps your body energized and burning calories efficiently all day long.

**Choose organic whenever possible.** If your budget limits you, make meat, eggs, dairy and the Dirty Dozen ([ewg.org/foodnews](http://ewg.org/foodnews)) your organic priorities.

**Drink at least two liters of water a day**, preferably from a reusable canteen, not plastic; we're friends of the environment here! Limit your alcohol intake to one glass of antioxidant-rich red wine a day.

**Get label savvy.** Clean foods contain short ingredient lists. Any product with a long ingredient list is human-made and not considered clean.

**Avoid processed and refined foods such as white flour, sugar, bread and pasta.** Enjoy complex carbs such as whole grains instead.

**Know thy enemies.** Steer clear of anything containing trans fats, anything fried or anything high in sugar. Avoid preservatives, color additives and toxic binders, stabilizers, emulsifiers and fat replacers.

**Consume healthy fats** (essential fatty acids, or EFAs) every day.

**Learn about portion sizes** and work toward eating within them.

**Reduce your carbon footprint.** Eat produce that is seasonal and local. It is less taxing on your wallet and our environment.

**Shop with a conscience.** Consume humanely raised, local meats and ocean-friendly seafood. Visit [seachoice.org](http://seachoice.org) for a printable pamphlet.

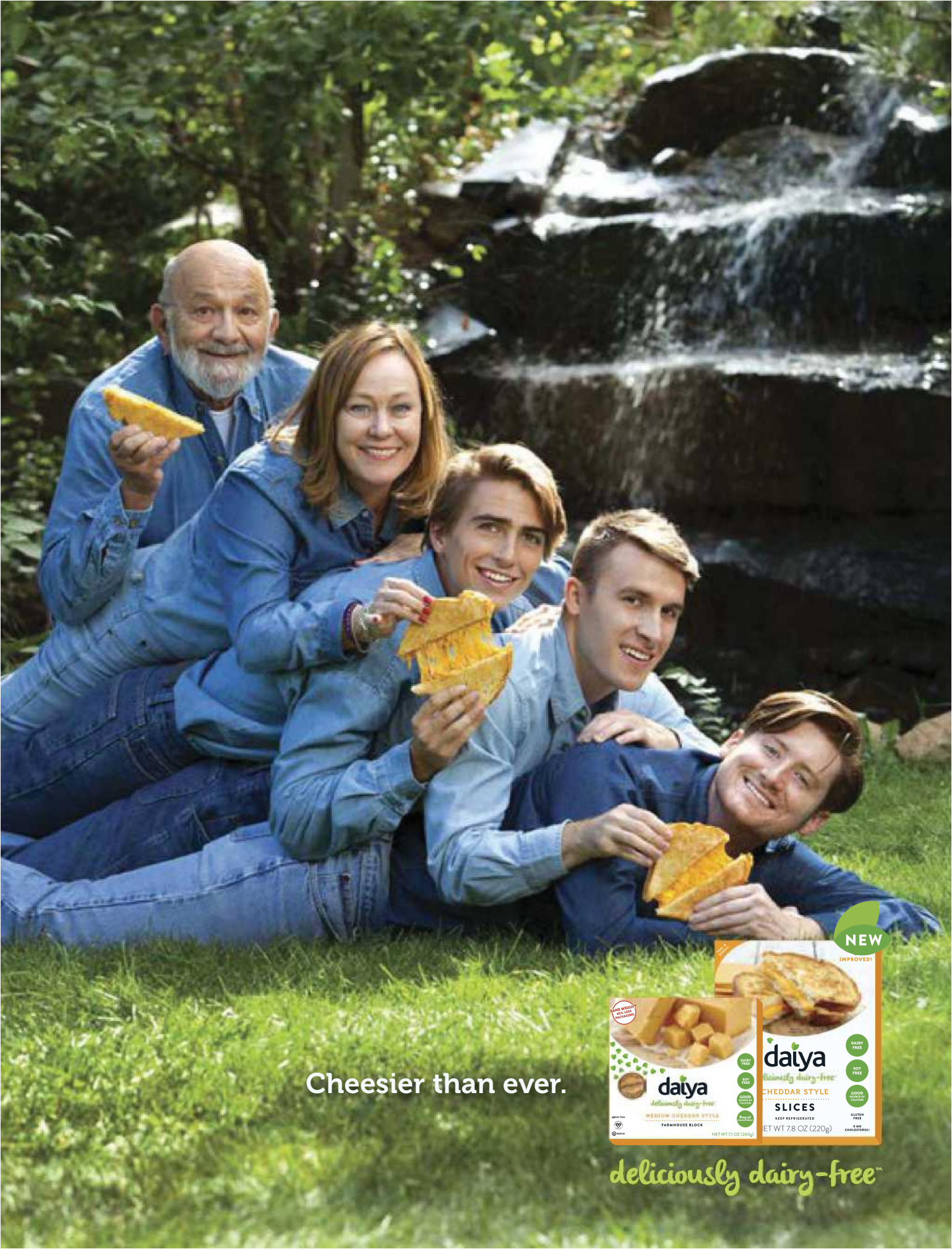
**Practice mindful eating.** Never rush through a meal. Food tastes best when savored. Enjoy every bite.

**Take it to go.** Pack a cooler for work or outings so you always have clean eats on the go.

**Make it a family affair.** Food is a social glue that should be shared with loved ones. Improve the quality of your family's life along with your own.

**Clean Eating**  
[cleaneating.com](http://cleaneating.com)





Cheesier than ever.



**daiya**  
deliciously dairy-free  
CHEDDAR STYLE  
SLICES  
KEEP REFRIGERATED  
NET WT 7.1 OZ (200g)

NEW! IMPROVED!

DAIRY FREE  
SOY FREE  
GOOD FOR YOU  
GLUTEN FREE  
0g SUGAR



**daiya**  
deliciously dairy-free  
CHEDDAR STYLE  
SLICES  
KEEP REFRIGERATED  
NET WT 7.8 OZ (220g)

NEW! IMPROVED!

DAIRY FREE  
SOY FREE  
GOOD FOR YOU  
GLUTEN FREE  
0g SUGAR

deliciously dairy-free™



# Clean Eating

ISSUE 56  
PRINTED IN THE USA

EDITOR-IN-CHIEF **Alicia Rewega**

## Editorial

FOOD EDITOR **Andrea Gourgy**  
ASSOCIATE EDITOR & RESEARCH CHIEF **Laura Schober**  
COPY EDITOR **Angie Mattison**  
DIGITAL EDITOR **Jennifer Davis-Flynn**  
WEB PRODUCER **Samantha Trueheart**  
NUTRITION CONSULTANT **Antonina Smith**  
EDITORIAL ASSISTANT **Alexis Nilsen**

## Art

SENIOR ART DIRECTOR **Stacy Jarvis**  
SENIOR GRAPHIC DESIGNER **Alaina Greenberg**  
CONTRIBUTING ART DIRECTOR **Bianca DiPietro**  
CONTRIBUTING GRAPHIC DESIGNER **Robin Forsyth**

## Recipe Creators

Heather Bainbridge, Jill Silverman Hough, Alison Kent,  
Candice Kumai, Julie O'Hara, Amie Valpone,  
Marianne Wren, Nicole Young  
RESIDENT CULINARY ADVISER **Candice Kumai**  
RESIDENT FOODIE **Julie O'Hara**

## Contributors

Tiffani Bachus, Jill Silverman Hough,  
Candice Kumai, Erin Macdonald, Julie O'Hara,  
Stacy Rinella, Erin Silver

## Photographers

Aaron Colussi, Yvonne Duivenvoorden, Gibson & Smith,  
Jill Silverman Hough, Vincenzo Pistritto,  
Edward Pond, Jodi Pudge, Paula Wilson

## Food Stylists

Ashley Denton, Victoria Escalle, David Grenier,  
Claire Stubbs, Marianne Wren, Nicole Young

## Prop Stylists

Catherine Doherty, The Food Group,  
Madeleine Johari, Erica McNeish, Carolyn Souch

## Production

GROUP PRODUCTION DIRECTOR **Barb Van Sickle**  
PREPRESS MANAGER **Joy Kelley**  
AD COORDINATOR **Cossette Roberts**

## Marketing & Web

MARKETING DESIGNER  
**Judith Nesnadny** | jnesnadny@aimmedia.com  
DIRECTOR, FOREIGN EDITIONS  
**Dayna Macy** | dmacy@aimmedia.com  
WEB OPERATIONS DIRECTOR  
**Timothy R. Zura**  
SENIOR DIGITAL DEVELOPER  
**Alan Zucker**

## Consumer Marketing

CIRCULATION DIRECTOR **Jenny Desjean**  
DIRECTOR OF RETAIL SALES **Susan Rose**



Audit Bureau of Circulations

© 2015 by Active Interest Media, Inc. All rights reserved. No part of this magazine may be reproduced in any manner without written permission from the publisher.

**PLEASE NOTE:** All readers are advised to consult their physician before beginning or adding a new fitness regimen or changing their diet. Clean Eating does not accept any responsibility for injury sustained as a result of following the advice or suggestions contained within the content of this magazine.

VICE PRESIDENT, GENERAL MANAGER  
**Kim Paulsen**

GROUP PUBLISHER CLEAN EATING,  
BETTER NUTRITION AND AMAZING WELLNESS  
**Joanna Shaw** | 800.443.4974, x 709  
jshaw@aimmedia.com

Subscription Customer Service: 1.800.728.2729

## Editorial Office

60 Atlantic Ave., Suite 200,  
Toronto, ON M6K 1X9

## Business Office

300 N. Continental Blvd., Suite 650,  
El Segundo, CA 90245  
310.356.4100; fax: 310.356.4110

## Advertising Sales

NATIONAL SALES DIRECTOR - FOOD  
**Gloria Biscardi** | 310.356.2247  
gbiscardi@aimmedia.com

EAST COAST SALES DIRECTOR  
**Bernadette Higgins** | 561.362.3955  
bhiggins@aimmedia.com

MIDWEST SALES DIRECTOR  
**Lisa Dodson** | 800.443.4974, x 703  
ldodson@aimmedia.com

MOUNTAIN AND WEST COAST SALES DIRECTOR  
**Cindy Schofield** | 310.456.5997  
cindyschofield@earthlink.net

MARKETSCENE ADVERTISING MANAGER

**John Potter** | 812.275.4975  
jpotter@aimmedia.com



ACTIVE INTEREST MEDIA

EXECUTIVE CHAIRMAN **Efrem Zimbalist III**  
CHIEF EXECUTIVE OFFICER & PRESIDENT

**Andrew W. Clurman**

EXECUTIVE VICE PRESIDENT & CFO **Brian Sellstrom**  
EXECUTIVE VICE PRESIDENT OF OPERATIONS

**Patricia B. Fox**

VICE PRESIDENT, CONTROLLER **Joseph Cohen**  
VICE PRESIDENT, RESEARCH **Kristy Kaus**  
VICE PRESIDENT, DIGITAL **Jonathan Dorn**

## Distribution

Clean Eating (ISSN 1913-7532, USPS 003-610) is published nine times per year (2015 Cover Dates: Jan/Feb, March, April, May, June, Jul/Aug, Sept, Oct, Nov/Dec) by Cruz Bay Publishing, Inc., an Active Interest Media company. Advertising and editorial offices at 2520 55th St, Ste 200, Boulder, CO 80301. The known office of publication is 5720 Flatiron Pkwy, Boulder, CO 80301. Periodicals postage paid at Boulder, CO and at additional mailing offices.

**POSTMASTER: Send address changes to Clean Eating,  
P.O. Box 420235, Palm Coast, FL 32142-0235.**

Subscription rates in the United States are one year \$24.97. Canada: \$34.97. Foreign: \$54.97 (US funds only). The publisher and editors will not be responsible for unsolicited material. Manuscripts and photographs must be accompanied by a stamped, self-addressed return envelope.



# In The World Of Vitamin Cs

Only **one** gives you 24-hour immune support.\*

## ESTER-C®

NOTHING ELSE WORKS LIKE IT



### Only Ester-C® gives you all of these benefits:

- Clinically studied to stay in white blood cells longer than regular vitamin C<sup>^</sup>
- Patented formula with 24/7 immune support\*<sup>‡</sup>
- Non-acidic so it's gentle on the stomach
- Once daily

Available at health, natural food and vitamin specialty stores. [theVitaminShoppe](http://theVitaminShoppe)

**Ester-C®** The Better Vitamin C.®

Ester-C®, Ester-C® and The Better Vitamin C® are licensed TMs of The Ester C Company, U.S. Pat. Nos. 6,197,813 & 6,878,744.  
<sup>^</sup>White blood cells are an important part of your immune system    <sup>‡</sup>From one daily serving of Ester-C®

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

**AMERICAN HEALTH®**  
*good health made simple™*

Learn more at [AmericanHealthUS.com](http://AmericanHealthUS.com)

©2015 American Health Inc. | 15-AH-1157



# MEET OUR EXPERTS

**Q:** I thought bread was highly processed. Why is it a part of the clean-eating lifestyle?

— ROBERTA NICHOLLS, NEW YORK, NY

**A:** Refined grains, in particular, are highly processed as the healthful parts of the grain known as the germ and the bran are removed. Whole-grains, on the other hand, retain the germ and bran and contain nutrients such as fiber, B vitamins, vitamin E and magnesium. In fact, according to a study published in *BMC Medicine*, people who eat whole grains have a 20% reduced risk of death from all causes. When *CE* refers to whole-grain bread, we are referring to 100% whole-grain varieties with no additives or preservatives. We suggest reading labels closely and being very discriminating — or even baking your own bread from whole-grain flour.

— ANDREA GOURGY, FOOD EDITOR, MA, CNP

## Our Culinary & Nutrition Advisers



**jonny bowden**  
PhD, CNS

Board-certified nutrition specialist, motivational speaker, author and expert in the areas of weight loss, nutrition and health.



**tiffani bachus and erin macdonald**

Co-owners of the U Rock Girl nutrition and training program (**URockGirl.com**), registered dietitians and nutrition, fitness and wellness experts.



**james smith** MBA

Clean Eating Academy Instructor and the Culinary Programs and Operations Chair at Centennial College with more than 25 years of experience. He completed his culinary training at George Brown College.



**heather bainbridge**

BSc, MA, EdM, RD, CDN  
Certified dietitian-nutritionist and registered dietitian who specializes in counseling clients to achieve a healthier weight and improve conditions including type 2 diabetes and heart disease.



**julie o'hara** BA

Clean Eating's Resident Foodie, recipe developer and writer. Her work has been featured in *Shape*, *Vegetarian Times* and *National Geographic Traveler*, among other magazines.



**candice kumai**

Chef, healthy lifestyle expert and best-selling author of five cookbooks including *Clean Green Eats* (Harper Wave, 2015). Kumai has appeared as a judge on *Iron Chef America* and is a regular contributor on *The Dr. Oz Show* and *E! News*.



**andrea gourgou**

MA, CNP  
Co-creator of the Clean Eating Academy, culinary arts program adviser at Centennial College, holistic nutritionist, health and wellness chef and food editor of *Clean Eating*.



**jill silverman hough**

Recipe developer, culinary instructor and author of the *100 Perfect Pairings* series and co-author of *The Clean Plates Cookbook* (Running Press, 2012).

## We Hear You!

### OBSESSED WITH OATS

I just finished eating my Overnight Maple Pecan Oats in a Jar from the September issue (p. 16). This was my first experience with overnight oats and they were fantastic. I'm making more for the rest of the week as we speak. Love the recipes!

— Christy Campbell, Casselberry, FL

### FAMILY FAVORITE

I just made your "Just Like Nonna's Frittatas" (p. 48, September 2015), and they were great — my family loved them and they were easy to make. Instead of using grape tomatoes, I cut up tomatoes from my garden; they gave the frittatas a nice, sweet bite. I have made several of your recipes this year, but this is my favorite.

— Vaney Stone, Vacaville, CA

I read "The Prevent & Heal Issue" today while waiting for my husband to get a haircut, and I was favorably impressed! Thanks!

— Catherine Coates, via Facebook

The Beef Quinoa Mini Meatballs with Spiced Pomegranate Sauce & Mashed Cauliflower (p. 57, September 2015) might be my new favorite dish. They are absolutely divine. I can't wait to share this recipe with friends and family!

— Autumn Fleck, via Facebook

TAG US IN YOUR POSTS WITH HASHTAG  
**#CleanEatingMag**

@JACQUIASHLEY

I thought I would surprise my husband with a clean-eating dinner (p. 41, October 2015) made with two of his favorite things: chicken and shrimp. One of the best things about eating clean is that all the food looks so, so good and you get to experiment with new ingredients and spices. Cooking is turning into one of my fave hobbies!



@SEG DORF

"PERFECT COMBO FOR A RAINY FALL DAY."



Tell us what you thought of this issue by emailing us at **CEeditorial@aimmedia.com**. Plus, get bonus recipes and more clean-eating content on social media.





# Curried Coconut Cauliflower Soup Recipe + Udo's Oil

Serves 6-8

1 head of cauliflower, chopped  
 1 large yellow onion, peeled and chopped  
 3-4 cloves garlic, halved  
 5 cups organic vegetable stock  
 1 can (14 oz.) coconut milk  
 2 tbsp. Thai curry paste  
 1 tsp. cumin powder  
 ½ tsp. coriander powder  
 ½ tsp. turmeric powder  
 1 tbsp. fresh chives  
 6-8 tbsp. Udo's Oil  
 Sea salt and freshly ground pepper, to taste

1. Preheat oven to 375° F. Spread cauliflower, onion, and garlic in a single layer on a baking sheet and bake until golden brown, about 25 to 30 minutes.
2. While the vegetables are baking, bring the vegetable stock, curry paste, cumin, coriander, and turmeric to a boil in a large pot over medium-high heat.
3. Remove the vegetables from the oven and add them to the stock pot. Reduce the heat to low, add some salt and pepper, and let simmer for about 15 minutes.
4. Carefully blend the soup in batches in the blender until desired consistency. Stir in the coconut milk, adding additional salt, pepper, or more spices if needed. Ladle into serving bowls and drizzle each bowl with Udo's Oil (about 1 tbsp. per bowl). Add chives for garnish.

## ALL OF THE GOOD FATS YOU NEED, WITHOUT ANY OF THE BAD FATS YOU SHOULD AVOID.

Udo's Oil 3-6-9 Blend is a combination of plant-sourced oils designed to supply the ideal 2:1 ratio of omega-3 & -6. It blends certified organic flax, sunflower, sesame, coconut, and evening primrose oils to not only achieve the ideal balance of EFAs, but a richer, more delicately balanced flavor that make it an ideal ingredient in everyday meals and an ideal way to support good health.\* Make sure you get your Udo's Oil. Once a day. Every day.



**ORGANIC + NON-GMO + VEGAN + SUSTAINABLE + KOSHER**

888-436-6697 | VISIT [WWW.FLORAHEALTH.COM](http://WWW.FLORAHEALTH.COM) TO FIND A STORE NEAR YOU.



\*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Receive a **\$3 coupon** toward your next purchase of Udo's Oil. Visit: [WWW.FLORAHEALTH.COM/UDOSOIL](http://WWW.FLORAHEALTH.COM/UDOSOIL) or scan this code!







## JILL SILVERMAN HOUGH

COOKBOOK AUTHOR/  
WRITER/RECIPE  
DEVELOPER/  
PHOTOGRAPHER  
NAPA, CA

When it comes to holiday entertaining, *"Having a good time and enjoying family and friends is way more important than presenting a plethora of dishes,"* says "3 Ways With Stuffing" (p. 16) photographer and food stylist Jill Silverman Hough. *"Stick to the basics and everyone will be more than happy."* Hough also teaches cooking classes in the San Francisco Bay Area and blogs about food at [jillhough.com](http://jillhough.com).



## MARIANNE WREN RECIPE DEVELOPER/ FOOD STYLIST TORONTO, ON

From running her own catering company to working in restaurants and food styling, long-time *Clean Eating* recipe developer Marianne Wren has over 18 years' culinary experience. In the winter, one of her favorite recipe go-tos is roasting beets, squash, turnip and Brussels sprouts with olive oil, sea salt, black pepper and garlic. *"The garlic becomes nutty and the veggies are sweetened by roasting,"* she says.



## AARON COLUSSI PHOTOGRAPHER/DIRECTOR FORT COLLINS, CO

For this issue, Aaron Colussi went behind the lens to photograph "Sweet Tooth" (p. 88). Colussi directs *Chef Driven* on PBS and has also directed videos for companies and publications. In his spare time, Colussi enjoys rock climbing and running. *"I live an active lifestyle and my job puts me in very demanding situations,"* he says. *"Eating clean is a key reason why I am able to continue doing what I love."*



## STACY RINELLA FREELANCE WRITER OAKVILLE, ON

Writer Stacy Rinella delved into recent research on the benefits of GABA supplementation for this issue's "Bits 'n' Bites" (p. 23). The health and nutrition fanatic loves keeping herself up-to-date with the latest studies and breakthroughs. *"I love learning how small changes to your diet can have a big impact on health,"* she says.





# BETTER *than* MAYO®

Fresh in the Refrigerated Section!

\*Epic Vegan Burger  
provided by  
@vegicano



@FYHProducts



@FollowYourHeart



@FollowYourHeart

[www.FollowYourHeart.com](http://www.FollowYourHeart.com)





# Your Clean Eating Holiday Recipe Guide

Dazzle your guests and loved ones this winter with our array of time-tested seasonal favorites.

## Legend

● Quick

(under 45 minutes)

● Freezable

● Vegetarian

(may contain eggs and dairy)

● Gluten-Free

## ◆ Make it gluten-free

Recipe contains soy sauce, miso, Worcestershire sauce and/or tamari. All of these ingredients are available in gluten-free and regular varieties.

## SIDES



● ● ●

Maple-Glazed Carrots  
P. 41



● ● ●

Endive Bites  
WITH GOAT CHEESE,  
FIGS & HONEY  
P. 48



● ● ● ● ●

Sour Cream & Chive Mashed Potatoes  
P. 48

## SAUCES & STUFFINGS



● ● ●

Green Bean Succotash  
P. 51



● ● ● ●

Coconut Cardamom Sweet Potatoes  
P. 63



● ●

Green Beans  
WITH ROASTED CHESTNUTS  
P. 64



●

Apple Maple Stuffing  
P. 16



●

Herbed Quinoa & Wild Rice Stuffing  
P. 17



●

Caramelized Onion Pecan Stuffing  
P. 17

## BEEF



●

Whole-Wheat Dressing  
WITH WILD RICE  
P. 45



● ● ● ● ●

Lemon Cranberry Sauce  
P. 48



● ● ● ●

Cranberry Sauce  
WITH APPLES & GINGER  
P. 60



●

Mushroom & Leek Stuffing  
P. 61



● ●

Spiced Brisket  
WITH SHALLOTS & TANGERINES  
P. 43



●

Corn Bread-Topped Beef & Black Bean Chili  
P. 54



## POULTRY



● ●  
Rosemary  
Roasted Turkey  
WITH PORCINI PAN SAUCE  
P. 44



●  
Herbed Turkey  
Scallopine  
WITH LEMON DIJON KALE  
P. 55



● ●  
Coq Au Vin  
P. 56



Pomegranate-  
Glazed Stuffed  
Roast Turkey  
P. 64



●  
Roasted Butternut  
Mac & Cheese  
P. 34



● ● ●  
Butter Leaf Salad  
WITH GRAPEFRUIT,  
AVOCADO & BUTTERMILK  
YOGURT DRESSING  
P. 46

## BEVERAGES & SNACKS



● ● ●  
Pumpkin &  
Pear Soup  
P. 46



●  
Stuffing Ribollita  
P. 51



● ● ● ●  
Thai Vegetable Curry  
P. 54



● ● ● ●  
Berry Delicious  
Smoothie  
P. 20



● ●  
Cranberry  
Yogurt Parfait  
P. 50



● ● ●  
Candy Cane Hot  
Chocolate Mix  
P. 70

## DESSERTS



● ●  
Festive Clementine  
& Pomegranate  
Marmalade  
P. 74



● ●  
Candice's  
Creamy Pumpkin  
Coconut Pie  
P. 31



●  
Individual Apple &  
Pecan Crumbles  
P. 49



● ●  
Spiced Pumpkin  
Mousse  
P. 66



● ● ●  
Sweet & Sour  
Chocolate Bark  
P. 68



● ●  
Cranberry, Apricot &  
Walnut Fruitcake  
P. 73



● ●  
Slice & Bake  
Cardamom  
Spice Cookies  
P. 73



● ●  
Chestnut-Crusted  
Cheesecake  
WITH CRANBERRY SAUCE  
P. 88

### + Meal Plan Recipes

● Indian Chicken & Vegetables WITH TOASTED CUMIN RICE P. 80

● Beef & Walnut Pesto Pitass P. 80

● ● Three-Cheese Spaghetti Squash Casserole P. 81

Linguine WITH CREAMY TOMATO RAGU P. 81



### NUTRITIONAL VALUES

The nutritional values used throughout *Clean Eating* are calculated with the use of The Food Processor SQL (Esha Research) and are provided by food manufacturers or found in the USDA National Nutrient Database.



# 3 WAYS WITH Stuffing

*The entertaining season is upon us, and with it comes 3 scrumptious stuffing recipes for every kind of feast.*

BY AMIE VALPONE, PHOTOGRAPHY BY JILL SILVERMAN HOUGH

## ← Apple Maple Stuffing

SERVES 10.

Preheat oven to 350°F. Mist a 9 x 13-inch baking dish with **cooking spray**; set aside. Cut **1 16-oz loaf whole-grain bread** into ½-inch cubes. Transfer to 2 large rimmed baking sheets; bake for 20 minutes until crispy and dry. Transfer to a large bowl. Add **1 cup slivered raw almonds** to 1 baking sheet; bake for 5 to 7 minutes, until golden brown. To bowl with bread cubes, add almonds. In a large skillet on medium, heat **4½ tbsp olive oil**; add **1 diced red onion** and cook for 8 to 10 minutes, until slightly browned and tender. Add **3 sliced stalks celery**, **3 large diced Gala apples**, **2 tbsp each finely chopped fresh sage and basil**, **pinch each red pepper flakes, chile powder and cinnamon**, **sea salt and ground black pepper, to taste**, and **3 tbsp pure maple syrup**. Stir to combine and cook for 7 minutes. Remove from heat, add mixture to bowl with bread cubes along with **¼ cup dried unsweetened cranberries**; mix well to combine. Transfer mixture to prepared baking dish. Pour **2½ cups low-sodium vegetable broth** over top and bake uncovered for 45 minutes or until stuffing is nicely browned.

+ **health benefits** Apples are rich in fiber, which helps to regulate blood sugar levels. Additionally, they contain the flavonoid antioxidant quercetin, which acts as an anti-inflammatory in the body to help scavenge disease-causing free radicals.





## Caramelized Onion Pecan Stuffing

**SERVES** 8.

In a large skillet on medium-high, heat **2 tbsp olive oil**. Add **2 large thinly sliced red onions** and **2 large thinly sliced white onions** with **sea salt** and **ground black pepper, to taste**. (**NOTE:** Add only a few onions at a time so as not to crowd them. It's also important to coat the onions with the oil as you add them to the pan.) Cook for 50 minutes, reducing heat to medium-low halfway through cooking time, stirring every 5 minutes, until onions are very tender, caramelized and golden brown. Add **2 cups low-sodium vegetable broth** and increase heat to a simmer. Simmer for 10 minutes. Preheat oven to 350°F. To a large bowl, transfer cooked onion mixture; add **1 16-oz loaf whole-grain bread**, cut into ½-inch cubes, and toss well to combine. Add **1½ cups raw pecans**, chopped, **3 tbsp raw sunflower seeds**, **2 tbsp finely chopped fresh parsley** and **1 tsp finely chopped fresh tarragon**. Season with salt and pepper and transfer mixture to a 9 x 13-inch baking dish misted with **cooking spray**. Cover with foil and bake for 30 minutes, then remove foil and bake for another 20 minutes or until golden brown. Remove from oven; cool for 10 minutes. Garnish with fresh lemon zest, if desired.

**health benefits** Onions are full of phytonutrients that reduce inflammation and can help prevent cancer and heart disease. Add healthy fats to your stuffing with protein-rich pecans and vitamin E-packed sunflower seeds. Season your stuffing while loading up on antioxidants with fresh tarragon, a peppery herb that contains potassium, iron, calcium and vitamin A, and with fresh parsley, an incredibly rich source of vitamins A, C and K.

## Herbed Quinoa & Wild Rice Stuffing

**SERVES** 10.

In a large heavy pot on medium, heat **2 tbsp extra-virgin olive oil**. Add **2 very finely chopped white onions** and **3 stalks finely chopped celery**; cook for 7 minutes or until soft and tender. Add **3 diced Granny Smith apples**, **2 large minced garlic cloves**, **1 tbsp each finely chopped fresh sage** and **oregano** and **¾ tsp sea salt**. Cook for 2 minutes and stir to combine. Add **½ cup Chardonnay** and **4 cups low-sodium chicken broth**; bring mixture to a boil. Reduce heat to a simmer. Add **2 cups wild and brown rice mix**, cover and cook for 40 to 50 minutes, until rice is tender. Add **1 cup quinoa**, **1 tbsp each finely chopped fresh sage** and **oregano**. Cover and cook for 15 minutes or until quinoa is cooked. Add **4 tbsp each chopped raw unsalted walnuts** and **chopped raw unsalted almonds**, **1¾ cups chopped dried unsweetened cherries** and **3 tbsp finely chopped fresh rosemary**; stir to combine. Season with salt and **ground black pepper, to taste**. Remove from heat and set aside. Preheat oven to 350°F. Mist a 9 x 13-inch baking dish with **cooking spray**. Transfer cooked quinoa and rice mixture to baking dish, leaving it fluffy and not pressed into the dish. Cover with foil and bake for 20 minutes. Remove foil and bake 10 minutes more. Set aside to cool for 10 minutes.

**health benefits** Quinoa and wild rice are loaded with protein to keep you full and fiber to keep your digestive tract running smooth. Flavorful herbs like sage, oregano and rosemary are not only fragrant but also rich in antioxidants that can improve circulation, reduce inflammation and help prevent cancer.

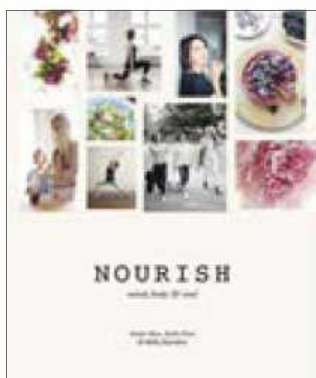




# FOODIE BUZZ

Chow down on the newest releases and launches in food TV, film, books and exhibits.

BY LAURA SCHOB



## NOURISH

Whether you're looking for a fresh start or want to improve your overall health and well-being, *Nourish* brings to the table an inspiring holistic approach to elevate body, mind and soul. Food stylist and writer Amber Rose, actress Sadie Frost and personal trainer Holly Davidson offer delicious wholesome recipes and healthy-eating tips, motivational and spiritual advice as well as meal and exercise plans to kickstart your journey to better health in all facets of your life.

**By Holly Davidson, Sadie Frost and Amber Rose (\$28, Kyle Books)**

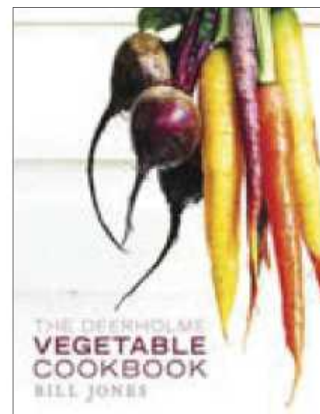
## THE KIDS ARE BACK!

Does the thought of catering a party for more than 50 kids or taking part in a pop-up restaurant competition faze you? For the talented junior cooks competing in the fourth season of *MasterChef Junior*, it's just another day in the kitchen. Show host and award-winning chef Gordon Ramsay returns to the judging panel on November 6 with chef Graham Elliot and pastry chef Christina Tosi. This season sees 24 young chefs between the ages of eight and 13 taking part in various cooking competitions for the big win. Tune into FOX on Friday nights to see who will be crowned *MasterChef Junior* and awarded the grand prize of \$100,000.



## THE DEERHOLME VEGETABLE COOKBOOK

If you want to implement more vegetables into your life but don't know where to start, Bill Jones' *The Deerholme Vegetable Cookbook* offers inspiration with over 125 recipes featuring the food group we all strive to eat more of. The French-trained chef and author calls his cookbook "a love letter to vegetable cooking," and the care that goes into each dish is evident as Jones utilizes a wide variety of garden-grown goods to great effect in stocks, salads, purées, raw recipes, soups, casseroles, braises and desserts. Using both traditional and avant-garde methods to prep veg, standout recipes include Yam Purée with Spanish Flavors, Beet and Apple Salad with Basil, Lime and Honey, and Grilled Pumpkin with Sweet and Sour Sauce. What's more, you'll find preparation, sourcing and storage tips to help transition you to a more plant-rich lifestyle. **By Bill Jones (\$30, TouchWood Editions)**



## EDIBLE EXHIBITS

Once just a dream to food and drink lovers everywhere, a museum designed entirely for your palate has opened its doors. In late October, the Museum of Food and Drink (MOFAD) welcomed foodies to its new exhibition space in Brooklyn, New York. As the first large-scale food museum in the world, the MOFAD Lab will host multisensory exhibits and programs that you can eat and drink. Designed to connect visitors to food in a more intimate manner by changing the way you think about and relate to food, engaging exhibits delve into the history, science, culture and commerce of various foods and cuisines. For more information, check out **lab.mofad.org**.



## FOOD REVOLUTION

After debuting at over 8,000 Food Day events across the country on October 24, *Food for Thought, Food for Life* (**foodforthoughtfilm.com**) is making waves for its compelling, poetic look at the connection between the earth, agricultural practices and our well-being. The short film takes a critical look at agribusiness practices and food policy through the perspectives of farmers, chefs, advocates, educators and researchers. It's an introspective film that urges global citizens to fight for sustainable solutions to ultimately help our planet.





SECRETLY loving  
DESSERT  
HOLIDAY GIFT  
YOU JUST opened.

more  
than  
the



See our  
MERRY MAMBO MUNCH recipe  
@ enjoylifefoods.com/mmm/

Free-From

WHEAT, DAIRY, PEANUTS,  
TREE NUTS, EGG, SOY,  
FISH & SHELLFISH



enjoylifefoods.com  
#tothefullest

Enjoy your holly-jolly  
gluten-free, no-nuts,  
no-soy holidays  
to the fullest



Find us in the  
GLUTEN-FREE  
aisle.



# Hot & HEALTHY

An international study led by researchers at the Chinese Academy of Medical Sciences found some interesting results potentially linking the daily consumption of spicy foods to a lower risk of death. The researchers discovered that consuming spicy foods one or two days a week reduced participants' risk of death from cancer, heart and respiratory system diseases by 10% compared with participants who consumed spicy foods less than once a week. Those who ate spicy foods such as fresh or dried chiles three to seven days a week reduced their risk by 14%. It's the active ingredients in chile that are believed to have beneficial effects: Fresh chile is rich in the anti-inflammatory and cancer-fighting antioxidant capsaicin and the heart-healthy antioxidant vitamin C. Experts say that further research is required to determine whether there is a direct link between spicy foods and good health or whether those who frequently consume spicy foods practice other beneficial dietary or lifestyle habits. The bottom line: Try incorporating more heat into your meals. If you already love spicy Thai, Mexican or Indian dishes, you now have all the more reason to enjoy them.



## STAY ENERGIZED THIS WINTER

### BERRY DELICIOUS SMOOTHIE SERVES 1.

Prep this delicious fruit-filled protein smoothie first thing in the morning or whenever you need an energy boost!

#### INGREDIENTS:

- 1 banana
- ½ avocado
- 1 cup frozen blackberries
- 1 cup spinach
- 1 scoop vanilla protein powder (**TRY:** Purely Inspired Organic Protein in French Vanilla, available November 24 at [walmart.com](http://walmart.com), \$20)

#### INSTRUCTIONS:

To a blender, add all ingredients and 1 cup water. Blend on high speed for about 40 to 50 seconds, pour into a glass and enjoy!

#### NUTRIENTS PER SERVING

(1 SMOOTHIE): **CALORIES:** 418, **TOTAL FAT:** 14 g, **SAT. FAT:** 2 g, **CARBS:** 62 g, **FIBER:** 20 g, **SUGARS:** 33 g, **PROTEIN:** 15 g, **SODIUM:** 162 mg, **CHOLESTEROL:** 0 mg

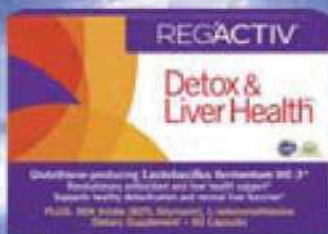
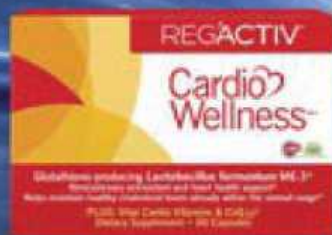


# Protein Protection

Eating foods rich in amino acids – like lean red meats and plant-based protein – could be even more beneficial for your heart than researchers first recognized.

A new study from the University of East Anglia (UEA) found that consuming adequate amounts of these foods can improve cardiovascular health at rates similar to exercising, cutting back on salt and quitting smoking. "The associations we observed were found with intakes equivalent to those found in a 75-gram portion of steak, a 100-gram salmon fillet or a 500-milliliter glass of skim milk," says Amy Jennings, PhD, lead researcher from the UEA's Norwich Medical School. (A 75-gram portion of meat is approximately equivalent to the palm of your hand.) Jennings and her team also discovered

that eating animal-sourced protein was associated with reducing arterial stiffness, while consumption of plant-based protein helped lower blood pressure, which could lead to a reduced risk of stroke or coronary heart disease. Further work is required to determine additional factors, such as how many years of consuming increased amounts of protein it might take to reap its protective benefits. For now, incorporate more protein-rich foods such as grass-fed or organic meats, sustainable fish, beans, lentils and grass-fed or organic dairy into your daily diet to help improve health.



## The Future of Holistic Health:

**Reg'Activ® with ME-3—the Patented Probiotic Proven to Produce Glutathione, the 'Master-Antioxidant'**

*Lactobacillus fermentum* ME-3, is the **ONLY** probiotic proven to actually produce glutathione in the body, which has powerful effects for **Cardio, Detox, and Immune System Wellness**. Glutathione, utilized by every cell in the body, plays a crucial role in maintaining cellular health during daily exposure to free radicals, common environmental toxins and the effects of aging. **Reg'Activ®** formulas combine ME-3 with other established condition-specific ingredients for synergistic health promoting effects.\*

**Revolutionary. Remarkable. Reg'Activ.®**

ESSENTIAL FORMULAS™

Find Reg'Activ formulas at better health food stores nationwide. • [www.EssentialFormulas.com](http://www.EssentialFormulas.com) • (972) 255-3918

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.





# Gorgeous GRASS-FED & ORGANIC Cheeses

Pecan and butter, whiskey-spiked, soft and creamy, nutty, earthy and even floral. These grass-fed cheeses are seriously impressive.

BY LAURA SCHOBER

## 1 BUTTERY & BOLD

A savory soft aged cheese made from organic milk, Cowgirl Creamery Mt Tam is a delightful blend of earthy and buttery flavors enhanced by notes of white mushroom.

**\$15 to \$17 per 10 oz,**  
[cowgirlcreamery.com](http://cowgirlcreamery.com)

## 2 IN GOOD SPIRITS

Made from grass-fed cow's milk, Kerrygold Aged Cheddar with Irish Whiskey is a rich and nutty-flavored cheese that's guaranteed to be a hit at your next gathering. **\$6 to \$7 per 7 oz,** [kerrygoldusa.com](http://kerrygoldusa.com)

## 3 A BLUE WITH BITE

One of the few naturally rindled blue cheeses in the US, Sweetgrass Dairy Asher Blue Cheese imparts sharp, savory flavor to your cheese plates, steaks or salads. **\$12.50 per 8 oz,** [sweetgrassdairy.com](http://sweetgrassdairy.com)

## 4 ARTISANAL CHEDDAR

Crafted in small batches, Organic Valley Grassmilk Raw Sharp Cheddar Cheese boasts both grassy and floral notes with umami undertones of pecan and buttery morel mushrooms.

**\$8 per 8 oz,**  
[organicvalley.coop](http://organicvalley.coop)

## 5 LUSCIOUS LOG

Soft and creamy with a bit of tang, Woolwich Dairy Chevre Soft Unripened Fine Herb Goat Cheese is made from fresh antibiotic-free goat's milk. **\$9 per 10.5 oz,** [woolwichdairy.com](http://woolwichdairy.com)

## 6 MAGNIFICENT MOZZA

Produced from free-range, grass-fed buffalos that graze the foothills of the Andes Mountains in Colombia, Buf Creamery Mozzarella di Bufala Bocconcini is fresh-tasting, rich and wonderfully creamy.

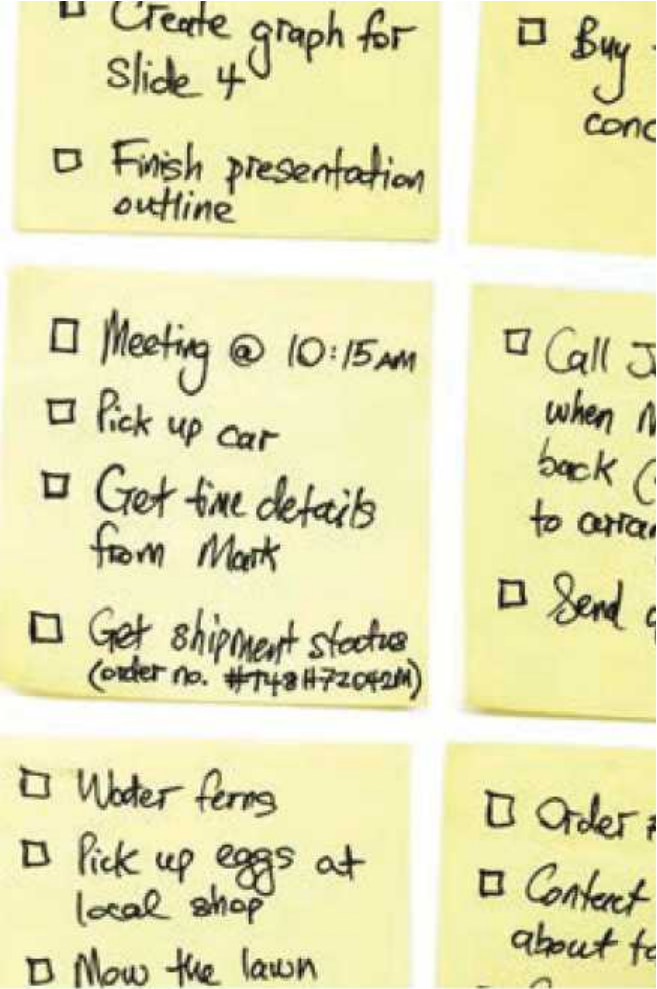
**\$10 per 7 oz,**  
[bufcreamery.com](http://bufcreamery.com)





# FUEL YOUR FOCUS

**Does this sound like you?** While the pasta is boiling, you're chopping the veggies for the salad, unloading the dishwasher and helping the kids with their fractions. For those who don't come by this type of juggling act naturally, research shows there may be help for prioritization in the way of the amino acid supplement GABA. Commonly used to help with mood disorders, anxiety and PMS, GABA is proving to be helpful when it comes to focus and carrying out multiple tasks. In a recent study published in *Scientific Reports*, researchers studied 30 participants to see how they reacted to a "stop-change paradigm." Half of the participants were supplemented with 800 milligrams of GABA while the other half were given a placebo. Compared with those taking the placebo, subjects who took GABA were better able to process and perform different actions of a task at the same time. Though research is in its early days, the study revealed that supplementing with GABA could help with actions that need prioritizing – like driving a car in traffic or trying to write something while you are listening to someone else speak.



Enjoy  
**15% off**  
one order\*

Use code  
**CLEANHOLIDAY**

\*One-time use only. Not to be combined with any other offer thru 2-28-16.

Elegant holiday entertaining, made easy  
at **vitalchoice.com**

**VitalChoice**  
WILD SEAFOOD & ORGANICS

vitalchoice.com | Free shipping on orders \$99+

# FALL BACK IN LOVE WITH SOYMILK

*No other  
leading dairy-free  
milk brand gives  
you more protein!*

**With 8 GRAMS of  
PLANT-POWERED  
PROTEIN**

*per serving,  
low saturated fat  
and no cholesterol,  
delicious Silk®  
Original Soymilk  
gives you  
plenty to love.*

**Silk**  
helps you bloom™

[Silk.com/LoveSoymilk](http://Silk.com/LoveSoymilk)

©2015 WhiteWave Services, Inc.







bits 'n' bites

## ASK OUR dietitians

*Got a food question?  
We have the answers.*

### Q What is the difference between food allergies, intolerances and sensitivities?

A Food allergies are an immune-system response to a particular substance in food. They are the best-known but least-common food reactions, occurring in approximately 1% to 2% of the adult population. Symptoms can be life threatening and manifest quickly, within a few minutes to a couple of hours after the food is consumed, and include itchy skin, vomiting, sneezing, chest pain or anaphylaxis. The most common food allergens include peanut, wheat, soy, milk, eggs, fish, shellfish and tree nuts. To find out if you have a food allergy, you can take a skin-prick test or blood test. With food intolerances, the body experiences a chemical reaction to a substance in food. If you have an intolerance to dairy, for example, your body lacks the enzyme (lactase) to break down the sugar (lactose), which leads to symptoms like gas, cramps, bloating or diarrhea. Food sensitivities, on the other hand, can show up in the form of irritable bowel syndrome (IBS), migraines, fibromyalgia and chronic inflammatory conditions. Symptoms are often delayed and can appear up to 48 hours after ingestion. Proper diagnosis through blood work (the best test for food sensitivities is the Mediator Release Test) guides the proper elimination diet that will calm inflammation and allow the body to heal.

### Q Should I be drinking alkaline water?

A Alkaline water – water with a higher-than-neutral pH level – is getting a lot of attention these days. Alkaline water can be supplemented with minerals and treated to “ionize” it, or make it more basic, as opposed to neutral or acidic. Proponents of alkaline water tout its health benefits as an antioxidant and detoxifier that helps to regulate the body’s pH levels, boosting energy and metabolism, speeding healing, slowing aging and guarding against chronic disease. However, there’s limited scientific evidence that shows alkaline water delivers these benefits. In fact, the body naturally works to maintain a neutral pH level of 7.0, as the pH levels of blood and most body fluids are around 7.0. Scientists are still working to understand how much the pH of foods in our diet influences health. Overall, you can help your body function optimally by avoiding processed foods and sticking to a diet of vegetables, fruits, whole grains and high-quality proteins. Drinking plenty of water is also very important, but it doesn’t need to be alkaline.

Registered dietitians **Tiffani Bachus** and **Erin Macdonald** are the co-founders and creators of **URockGirl.com**, a website dedicated to promoting wellness and a healthy, balanced lifestyle.

# SWOON OVER THE TEMPTING TASTE OF SOYMILK



*Remember the  
smooth, delicious  
taste of Silk® Soymilk?  
It's time to get reacquainted.*

**Silk.com/LoveSoymilk**  
©2015 WhiteWave Services, Inc.

# CAUSE ~~FOR~~ Celebration

Revel in the holidays with this delicious assortment of host gifts and stocking stuffers.

BY LAURA SCHOB

## 1 SMOKED EXTRAVAGANCE

Perfect for seafood lovers, SeaChange Seafoods Smoked Sockeye Salmon in a Cedar Box boasts a soft smokiness and rich flavor that pairs well with hors d'oeuvres and a glass of Pinot Noir or Chardonnay. Available in three sizes. \$38 to \$75 CDN, [seachangeseafoods.ca](http://seachangeseafoods.ca)

## 2 CLEAN CAFFEINE

Celestial Seasonings Sweet Harvest Pumpkin Black Tea is a soul-satisfying brew that's so indulgently sweet and spicy it's almost a sin. On a cold winter's day, the swirl of ingredients such as all-natural pumpkin flavor along with cinnamon, ginger, nutmeg and roasted chicory is sure to warm you up. \$3.50, [celestialseasonings.com](http://celestialseasonings.com)

## 3 A FINE WINE

Blackberry, cherry, wild herbs, olive paste and pepper comprise Chateau Maris Organic Minervois AOP 2012, a medium-bodied, fruity red wine made from a blend of Syrah and Grenache grapes. Pair with meats or enjoy on its own for a festive libation. \$13, [chateaumaris.com](http://chateaumaris.com)

## 4 SPARKLING REFRESHMENT

Made from semi-sweet Virginia (Hewe's) Crab apples, Sheffield Vintage Dry Sparkling Apple Cider is a great companion for holiday dishes. This dry nonalcoholic cider is rich in tannins, which help bring out the flavors of foods without being too overwhelming. \$10, [sheffieldcider.com](http://sheffieldcider.com)

## 5 HEAVENLY CHARDONNAY

In addition to its subtle aromas of Fuji apples, Asian pear and baked fruit tart, DeLoach Vineyards Estate Vineyard Chardonnay 2013 is made all the more indulgent with the warm flavors of caramel, vanilla and nutmeg. \$50, [deloachvineyards.com](http://deloachvineyards.com)

## 6 NUTTY TRUFFLES

Around the CE office, we found it hard to resist HNINA's Assortment Box of mouthwatering organic cacao truffles – and it's no wonder. Each chewy bite of these toothsome treats is filled with organic cocoa butter, organic raw cacao liquor, raw sprouted nuts or seeds and natural sweeteners such as Bourbon vanilla beans, raw honey and maple syrup. \$50 per box of 12, [hningourmet.com](http://hningourmet.com)

## 7 THE GIFT OF SWEETNESS

In Honey Ridge Farms Honey Crème Lemon Lavender, raw clover honey, lavender, lemon and natural flavors come together for a truly unique-tasting honey that imparts a touch of sweetness to everything from teas to desserts. \$4 per 3 oz or \$10 per 9 oz, [honeyridgefarms.com](http://honeyridgefarms.com)





**NEW! FOR WEIGHT LOSS**

**Awaken your weight loss potential**



## 100% Pure Extra Virgin Coconut Oil

NEW 100% Pure Coconut Oil<sup>+</sup> is the latest weight loss innovation from Purely Inspired®, providing you with:

- 2,000mg dose of 100% extra virgin coconut oil
- Key non-stimulant weight loss ingredient (green coffee bean extract) backed by 2 scientific studies supporting improved weight loss results<sup>1</sup>
- Bonus pack offers 40 free soft gels!



### Recommended by Dr. Swisher

"Purely Inspired® Coconut Oil<sup>+</sup> has 2,000mg of coconut oil in every serving. It also contains a scientifically researched key ingredient that can help you lose weight."

Dr. Swisher is remunerated

<sup>1</sup>Average weight loss with key ingredient (green coffee bean extract) was 10.95 lbs. in a 60-day study with a low-calorie diet, and 3.7 lbs. in a separate 8-week study with a calorie-reduced diet and moderate exercise. Facebook logo is owned by Facebook Inc. Read the entire label before use. © 2015

Available at **TARGET** *Walgreens*



**purely inspired**<sup>™</sup>

[purelyinspired.com](http://purelyinspired.com)    



# Whip It!

An electric hand mixer is the perfect choice for lighter tasks like beating egg whites or whipping cream – they're affordable and take up less space than a bulky stand mixer. Try one of our top-rated models for all your holiday baking.

BY ANDREA GOURGY

## 1. THE PRACTICAL CUISINART POWER ADVANTAGE 7-SPEED HAND MIXER

With 220 watts of power behind this retro-style model, this machine can perform any task quickly. We love that its dishwasher-safe beaters are designed without a center post for efficient beating and easier cleanup.

**PRO:** The size and shape of the chef's whisk is well conceived, allowing for expert whipping of egg whites and cream.

**CON:** While the model has an innovative smooth-start function, it doesn't work perfectly as it starts with a pop of speed and then slows down.

\$60, [cuisinart.com](http://cuisinart.com)

## 2. THE SWANKY BREVILLE THE HANDY MIX SCRAPER

This is a mixer that truly comes with all the bells and whistles: 9 speeds, a timer, a light that's aimed at the mixture you're beating and a sensor that adjusts its performance for lighter or heavier tasks. It even has a storage case to keep all your goodies in so that they don't get misplaced.

**PRO:** The beaters are coated with silicone, so they don't make noise when hitting against the bowl – genius!

**CON:** It's a bit heavier than most other models.

\$130, [brevilleusa.com](http://brevilleusa.com)

## 3. THE THRIFTY OSTER ACCENTUATE 6-SPEED HAND MIXER

While this model fits into the budget category, don't write it off for performance – it's got a powerful 225-watt motor that can compete with any other of the other brands.

**PRO:** Comes with a handy storage bag to keep all your attachments together.

**CON:** The size of the whisk attachment is on the smaller side, so you have to move it around more to reach all parts of your mixture.

\$25, [oster.com](http://oster.com)

## 4. THE BOLD KITCHENAID 9-SPEED ARCHITECT HAND MIXER

In addition to the beaters, whisk and dough hook attachments, this lightweight mixer comes with a unique feature in a handheld – a blending rod designed for smoothies and milkshakes. While this model also comes in a more understated silver, we adore this bright and bold red color – especially around the holidays!

**PRO:** When you power it on, it starts slow – a key feature to avoid splattering.

**CON:** It lacks a pause button, so you have to stop the motor and start again on low when adding new ingredients.

\$110, [kitchenaid.com](http://kitchenaid.com) ©



# DELICIOUS, HEALTHY MEDITERRANEAN "AWARD WINNING RECIPES"

*First place winner at 17<sup>th</sup> annual Gourmand Cookbook Awards for  
"Best Health and Nutrition Book" in the world*



## SALMON WITH HONEY AND MUSTARD SAUCE

Ingredients

SERVES 6

6 salmon fillets  
1 medium onion  
½ lemon  
2 garlic cloves  
A few bay leaves  
2 tablespoons honey  
1 tablespoon mustard  
½ teaspoon salt  
6 tablespoons olive  
oil

Preparation

- 1 Combine the sliced garlic, olive oil, salt, mustard and honey and marinate the salmon fillets for five hours.
- 2 Lay the salmon on a tray, top with sliced lemons and bay leaves.
- 3 Cover the tray with parchment paper and cook in a 320°F (160°C) preheated oven.
- 4 Serve with sautéed vegetables, potato cakes or mashed potatoes if desired.



"Invaluable Recommendations For a Healthy Immune System"  
Patented charts showing antioxidant values of each recipe.

FOR MORE INFORMATION AND FREE RECIPES,  
VISIT [www.aslihansabanci.com](http://www.aslihansabanci.com)

amazon.com

Available on the  
iBookstore

nook  
by Barnes & Noble



# A New Yorker's Chic & Healthy Gift Guide

Can you believe the holidays are already upon us? Let's keep it fun and fabulous this season with my smart and fresh gift selections I actually own myself and absolutely love to gift to those near and dear! Starting as low as \$22, these coveted finds will surely inspire you and your loved ones to start living a cleaner and even greener life! Happiest and warmest holidays. BY CANDICE KUMAI



## 1 | INDIE LEE \$22 TO \$210

Indie Lee is one of my new favorite eco-chic skin-care lines that is all-natural and cruelty-free. I love that it's American-made and makes you feel really good about green beauty.

[indielee.com](http://indielee.com)



## 2 | SOMA PITCHER \$39

A feel-good water pitcher? You bet. This stylish pitcher is beautiful enough to keep out and you can do away with wasteful water bottles. Best of all, it gives back to water charity.

[drinksoma.com](http://drinksoma.com)



## 3 | THE INSPIRALIZER \$50

A perfect purchase for the clean cook in your life, Ali Maffucci's Inspiralizer is for the health-conscious looking to cut back on gluten or carbs. Veggie noodles are also a fun and unique way to incorporate more veg into your diet.

[inspiralized.com](http://inspiralized.com)



## 4 | VITAMIX 780 \$719

A Vitamix is the perfect high-powered blender for all of your green smoothies this season. Try making pestos, soups, sauces or even your own homemade nut butters. It's my most-used appliance and is well worth the investment.

[vitamix.com](http://vitamix.com)



## 5 | CHEMEX \$39 TO \$350

These gorgeous CHEMEX glass coffee makers are a beautiful addition to everyone's kitchen. I seriously love using mine each morning. It's also the perfect addition to your holiday brunch table.

[chemexcoffeemaker.com](http://chemexcoffeemaker.com)

## 6 | BIOSSANCE THE REVITALIZER \$58

Get gorgeous and keep your skin hydrated this season. This all-natural product is made from squalane, a substance that's naturally found in your skin. The serum is light, refreshing and a great find for the beauty buff in your life.

[biossance.com](http://biossance.com)



**CANDICE KUMAI:** Chef, healthy-lifestyle expert and best-selling author of five cookbooks including *Clean Green Eats* (Harper Wave, 2015). Kumai has appeared as a judge on *Iron Chef America* and is a regular contributor on *The Dr. Oz Show* and *E! News*.



## Candice's Creamy Pumpkin Coconut Pie

**SERVES 8.**

No holiday would be complete without a pumpkin pie to share with family and friends. Try my clean version of this seasonal favorite.

### INGREDIENTS:

- 1 15-oz can unsweetened pumpkin purée
- 2 eggs
- ½ cup BPA-free-canned coconut milk (**TIP:** Use the rest for coconut milk smoothies.)
- ½ cup pure maple syrup
- 1 tbsp brown rice flour
- 1 tsp pumpkin pie spice
- ½ tsp sea salt
- Premade 8-inch whole-grain pie crust (**TIP:** Try our delightful chestnut crust on p. 88!)

### INSTRUCTIONS:

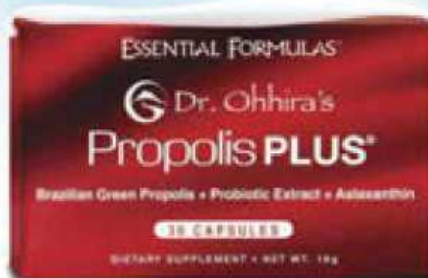
**ONE:** Preheat oven to 350°F. In a medium mixing bowl, combine pumpkin purée, eggs, coconut milk, maple syrup, rice flour, spice and salt.

**TWO:** Using an electric hand mixer, beat on medium-low until well combined and smooth.

**THREE:** Pour pumpkin mixture into pie crust. Bake on lowest rack for 45 minutes to 1 hour. Check for firmness in the center of the pie. Remove from oven and cool completely. ©

**BAKER'S TIP:** Before preheating the oven, move the rack to the lowest level for pie perfection!

# HONEY BEEES



# AND BENEFICIAL BACTERIA

**UNLIKELY PARTNERS TEAM UP TO SUPPORT YOUR GOOD HEALTH THIS WINTER!\***

**Dr. Ohhira's Propolis PLUS®** contains propolis, a highly antioxidant substance created by bees, which demonstrates a powerful ability to support a healthy immune system. **Dr. Ohhira's Probiotics®** supports your distinctive flora fingerprint, those bacterial super heroes unique to your body, which are vital for supporting a healthy immune system. \*

**ESSENTIAL FORMULAS®**

Find Dr. Ohhira's Formulas at better health food stores nationwide. • [www.EssentialFormulas.com](http://www.EssentialFormulas.com) • (800) 430-6180

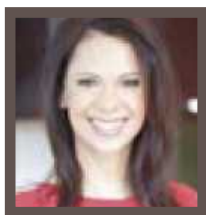
\* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



# 3-Cheese Butternut Mac & Cheese

We slashed 263 calories from this classic dish, and it's just as creamy, cheesy and indulgent as ever.

BY JULIE O'HARA, PHOTOGRAPHY BY PAULA WILSON



## YOUR RESIDENT FOODIE JULIE O'HARA

As a seasoned writer and recipe developer, CE's Resident Foodie, Julie O'Hara specializes in creating clean, healthy recipes. She's delved into everything from gluten-free meals to preparing a deliciously clean turkey dinner.

Through her blog, [calmbellykitchen.com](http://calmbellykitchen.com), she helps women with IBS succeed on the Low-FODMAP Diet.

Her work has also been published in *Shape*, *Prevention* and *Vegetarian Times*.

With cozy evenings and homey dishes on my mind at this time of year, a rotation of revamped comfort foods is often on the menu in my home – think spaghetti and meatballs, buttery mashed potatoes and "fried" chicken. But there is one decadent comfort food that stands a head above the rest in my book: mac and cheese. Of course, I'm not talking about the blue-box variety (is there any actual cheese in there?), but rather the creamy, rich, very gooey stuff that's worthy of its own little celebration.

### REDEFINING "CHEESY"

Let's take a look at the qualities that earned mac and cheese its decadent reputation. In my research, most classic recipes called for A LOT of cheese. No surprise there, but the sheer quantities shocked me. Think about these numbers for a second: 26 ounces of cheese (that's over a pound and a half!) for 1 pound of pasta. Another recipe called for 18 ounces – plus 8 ounces of processed cheese sauce to make it extra smooth. Not to mention the butter and cream that are also present in these classic versions.

I knew I could make my recipe creamy and cheesy while avoiding the astronomical calorie count. Instead

of simply melting butter, cream and cheese to create a rich sauce, I took a more modern approach.

I made a béchamel sauce using just 2 tbsp of butter, white whole-wheat flour and whole milk to act as a creamy base. Then, I added not one but two savory cheeses. The cheddar and Gruyère melt beautifully into the béchamel, which means I didn't need a lot of butter to get the creamy texture of the classic recipes. In the end, my cheese grand total came to a respectable but definitely delicious 10 ounces.

### TAKING TASTE OVER THE TOP

I knew I had a great, clean recipe on my hands, but if I could sneak in a little extra nutrition while making the dish even better, why not? I decided on seasonal roasted butternut squash, which adds incredible caramelized flavor, along with antioxidant carotenoids, which help to fight cancer and diseases of the eye.

Both the squash and whole-wheat pasta make this mac and cheese a hearty meatless meal that comes together quickly on the stove top. Topped with Parmesan for that extra touch of indulgence, this is the perfect meal for a cozy night at home away from the holiday hustle.

## MAC & CHEESE FOR EVERY KIND OF EATER

The best classics are wildly adaptable, and this one's no exception! Use any of the following additions or swaps for a new spin.



### PROTEIN JUNKIE:

Add 2 to 3 cups of chopped grilled chicken or leftover roast turkey. Or brown 1 lb of ground chicken or turkey in a skillet, season with dried herbs, then mix it in.



### VEGGIE FANATIC:

Stir in steamed kale or Swiss chard. Sliced mushrooms sautéed in butter or roasted red bell peppers are great additions too. Add one or a combination.



### PESCATARIAN:

Season fresh shrimp or bay scallops with chile powder or a garlic-herb seasoning, sauté and add to the cheesy mac.



**GLUTEN-FREE:** Sure, you can use GF pasta, but why not substitute with quinoa instead? Cook 1¾ cups as you normally would and use in place of the noodles. Swap whole-wheat flour for brown rice flour in the sauce.



### GLOBE-TROTTER:

The simplest way to add exotic flavor: season the butternut squash with 2 tsp of curry powder or ras el hanout (a Moroccan spice blend). To give it a Mediterranean twist, stir in ½ cup of olives or chopped Spanish piquillo peppers.

FOOD STYLING: MARIANNE WREN, PROP STYLING: THE FOOD GROUP, CHICKEN: TRIBALISM/SHUTTERSTOCK, CARROT: BRIAN GOFF/SHUTTERSTOCK, SHRIMP: NADEZHDA SHELIMINA/SHUTTERSTOCK, WHEAT: KOT/SHUTTERSTOCK, GLOBE: MICROVECTOR/SHUTTERSTOCK





YOUR NEW

# SECRET WEAPON

FOR THE  
HOLIDAYS!



## COOK

Add into delicious savory dishes, sauces, glazes, marinades and dressings.



## BAKE

Sweeten and bake all of your holiday favorites - brownies, bar cookies and pies.



## POUR

Quickly sweeten breakfast foods like pancakes, oatmeal, cereal and yogurt.



## MIX

Easily blend into hot and cold beverages — great for sweetening tea, coffee and hot chocolate.

**Domino® and C&H® Organic Blue Agave Nectars** are delicious syrups made from the core of the blue agave plant and are perfect for all of your sweetening needs.

the *Real Way*  
to do *Sweet!*™



[dominoagave.com](http://dominoagave.com) | [chagave.com](http://chagave.com)

## ROASTED BUTTERNUT MAC & CHEESE

**YOU SAVE:** 263 CALORIES,  
22 g TOTAL FAT, 407 mg SODIUM  
**YOU GAIN:** 4 g FIBER

**SERVES** 8.

**HANDS-ON TIME:** 30 MINUTES.

**TOTAL TIME:** 55 MINUTES.

### INGREDIENTS:

- 2½ lb butternut squash, peeled, seeded and cut into ½-inch pieces (about 6 cups)
- 1 tbsp olive oil
- ½ tsp sea salt, divided
- ½ tsp ground black pepper
- 14 oz small whole-wheat shell pasta, or similar shape
- 2 tbsp organic unsalted butter
- ¼ cup white whole-wheat flour (**TRY:** King Arthur White Whole Wheat Flour)
- 3 cups whole milk
- 4 oz grated Gruyère cheese (1 packed cup)
- 4 oz grated sharp cheddar cheese (1 packed cup)
- 2 oz grated Parmesan cheese (½ packed cup)
- 1 tbsp fresh thyme leaves, optional

### INSTRUCTIONS:

**ONE:** Preheat oven to 425°F. Line a large rimmed baking sheet with foil and mist with cooking spray. Add squash, oil, ¼ tsp salt and pepper. Toss to coat and spread in a single layer. Roast until squash is golden brown and tender, tossing once or twice with a spatula, about 25 minutes.

**TWO:** In a large saucepan, cook pasta al dente according to package directions. Before draining, ladle about 1 cup of pasta cooking water into a heat-proof measuring cup or small bowl and set aside.

**THREE:** Wipe out pan used to cook pasta. To pan on medium, melt butter. Add flour and stir with a spoon until

moistened, about 1 minute. Add milk in a slow, steady stream as you stir with a whisk. Increase heat to medium-high and continue whisking until no lumps of flour remain. Bring to a simmer, whisking frequently to prevent milk from scorching. Simmer, whisking occasionally, until slightly thickened, about 2 minutes.

**FOUR:** Reduce heat to low and stir in Gruyère and cheddar. Stir in remaining ¼ tsp salt, pasta and squash, until combined. Stir in reserved pasta cooking water in ¼ cup additions, until cheese sauce is thick but still pourable, or to desired consistency. Remove from heat and divide among plates. Sprinkle with Parmesan and thyme (if using). ☺

### Nutrients\*: THEN AND NOW

Compared with traditional  
macaroni and cheese\*\*:

Nutritional Facts	THEN	NOW
Calories	735	472
Total Fat (g)	42	20
Sat. Fat (g)	24	10
Carbs (g)	57	57
Fiber (g)	2	6
Sugars (g)	6	8
Protein (g)	32	21
Sodium (mg)	896	489
Cholesterol (mg)	117	53

\*Serving size is 1½ cups.

\*\*The recipe used for comparison is the Macaroni and Cheese from [epicurious.com](http://epicurious.com).







# Taste. Pure. Love.™


Tastes so pure you'll love it.

For 20 years, we've been dedicated to making the best fish oil on the planet. Our motivation? The heartfelt belief that a single nutrient can change lives. Our love for what we do—and the people we do it for—drives us to do it right at any cost. That means products that are outrageously fresh, obsessively tested, and passionately perfected. Products that taste so pure, you'll love them. Taste. Pure. Love.™

## Omega-3s for

- *Healthy Heart\**
- *Brain Health\**
- *Optimal Wellness\**



**NORDIC<sup>®</sup>  
NATURALS**   
**Taste. Pure. Love.™**

800.662.2544 | [nordicnaturals.com](http://nordicnaturals.com)

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

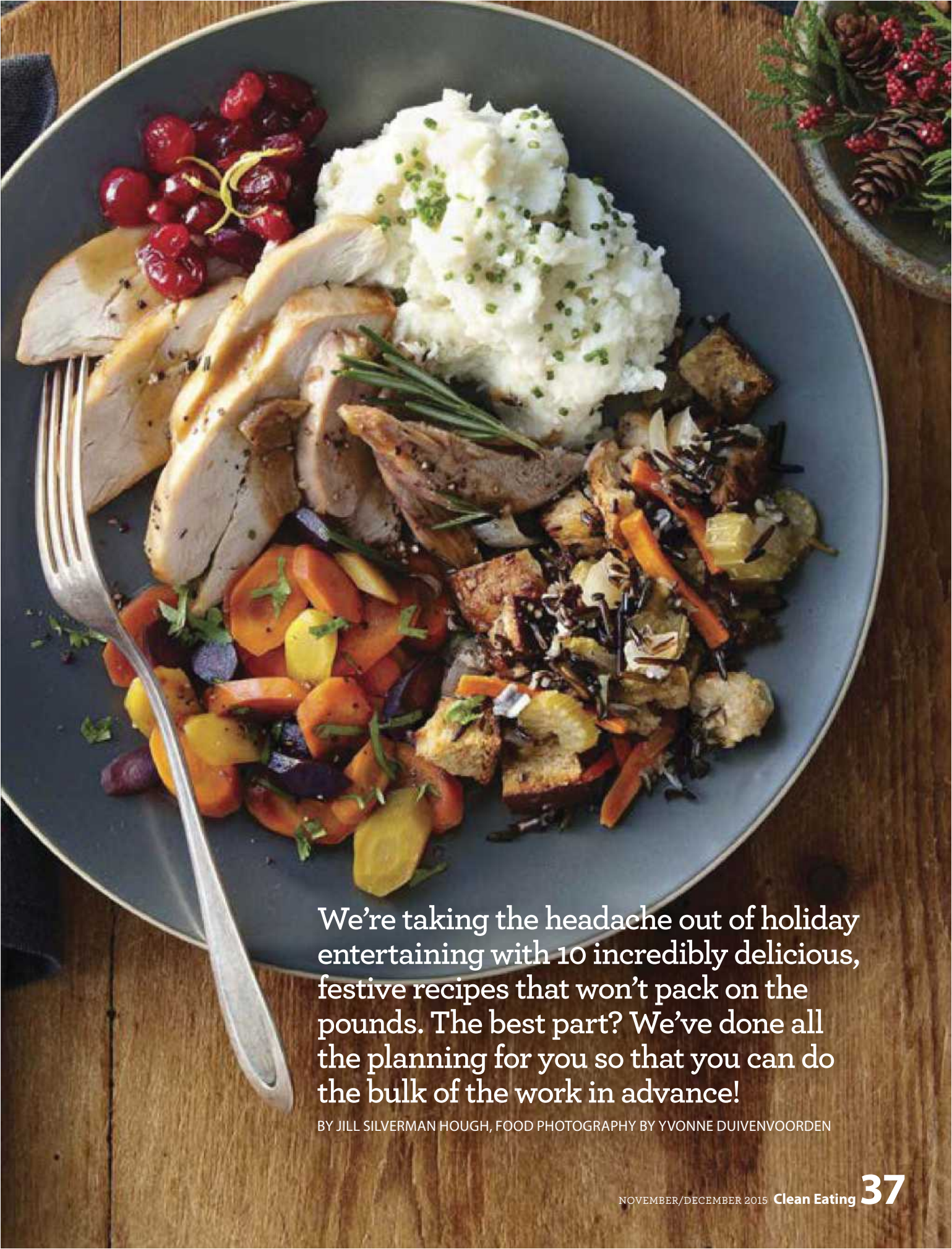


# YOUR PERFECTLY PLANNED *Holiday Meal*



INDIVIDUAL  
APPLE  
& PECAN  
CRUMBLES  
(SEE RECIPE, P. 49)





We're taking the headache out of holiday entertaining with 10 incredibly delicious, festive recipes that won't pack on the pounds. The best part? We've done all the planning for you so that you can do the bulk of the work in advance!

BY JILL SILVERMAN HOUGH, FOOD PHOTOGRAPHY BY YVONNE DUIVENVOORDEN



**T**he holidays are a time for family, friends and a whole lot of laughs; but for many of us, it can also be a time for overindulging in less-than-healthy food and drinks. Here at *Clean Eating*, we try to promote balance over rigidity. We'll never tell you not to go out and enjoy yourself during the holidays, but we might nudge you to snack from the veggie tray a little more than the dessert table!

To help you stay on your clean-eating path during this busy time of year, we've created your ultimate holiday menu (full of incredible-tasting food!) that includes everything from appetizers to mains and even a luscious dessert. This menu is not only wonderful from the perspective of eating clean, but each one of your guests will be impressed by the quality and amazing taste of the food.

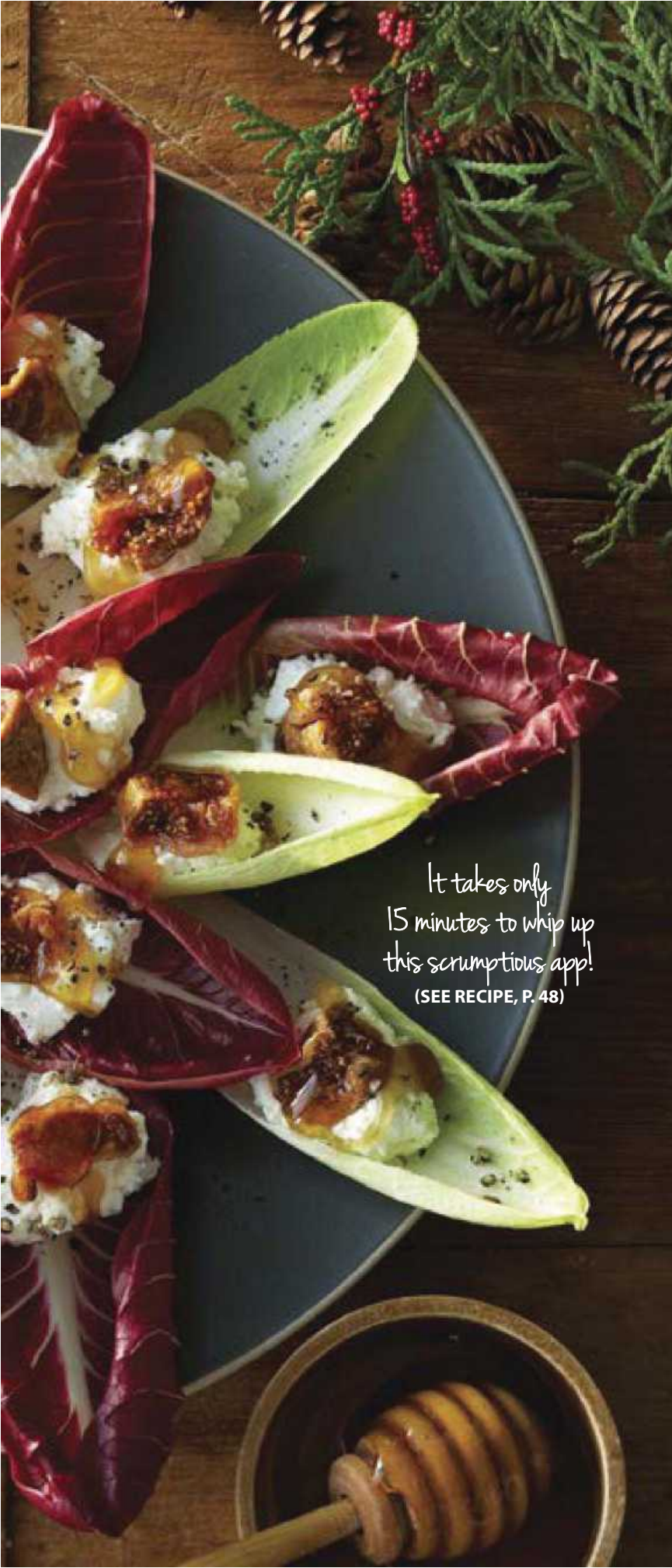
And since we don't believe that you should spend your entire party in the kitchen, we've created a game plan so that you can do the bulk of the work in advance and spend more time with your loved ones. We've mapped out your preparation of the entire menu (p. 47), or you can check out our "Make Ahead" tips above each recipe for more details on which components you can do in advance.

This menu was designed to make your holiday entertaining go smoothly and deliciously, and also to maximize time with family and friends. We're sure you'll love these recipes just as much as we do!

*"My number-one tip for hosting a great holiday get-together? Although you'll spend tons of time preparing wonderful things to eat and drink, remember that your guests aren't coming for that. They're coming to enjoy your, and each other's, company. That's the sweet stuff, and being available for it is way more important than any recipe." – JILL SILVERMAN HOUGH*







It takes only  
15 minutes to whip up  
this scrumptious app!  
(SEE RECIPE, P. 48)



## YOUR HOLIDAY MENU

We've given you two crowd-pleasing entrées to choose from in our elegant menu. If you're cooking for a larger crowd, make the entire menu, or for a smaller gathering, choose one entrée and a handful of accompanying dishes. Our game plan will help you prepare and organize your meal up to five days in advance. Also, look out for our Make Ahead guidelines at the start of each recipe for more details on how to prep these recipes ahead of time.

### Starters

**Pumpkin & Pear Soup**.....p. 46

**Butter Leaf Salad**

with Grapefruit,  
Avocado & Buttermilk  
Yogurt Dressing.....p. 46

**Endive Bites**

with Goat Cheese,  
Figs & Honey.....p. 48

### Entrées

**Spiced Brisket**

with Shallots  
& Tangerines.....p. 43

**Rosemary-Roasted**

**Turkey** with Porcini  
Pan Sauce.....p. 44

### Sides

**Maple-Glazed Carrots**.....p. 41

**Whole-Wheat Dressing**

with Wild Rice.....p. 45

**Sour Cream & Chive**

**Mashed Potatoes**.....p. 48

**Lemon Cranberry**

**Sauce**.....p. 48

### Dessert

**Individual Apple**

**& Pecan Crumbles**.....p. 49



**Wholesome Grains:**

Consuming 100% whole-grain products regularly, such as whole-grain bread, not only helps prevent weight gain, but also helps reduce the risk of a number of health conditions such as heart disease, type 2 diabetes and metabolic syndrome.



**SOUR CREAM & CHIVE  
MASHED POTATOES**

(SEE RECIPE, P. 48)

**WHOLE-WHEAT  
DRESSING  
WITH WILD RICE**  
(SEE RECIPE, P. 45)

**LEMON CRANBERRY SAUCE**

(SEE RECIPE, P. 48)

**Ruby Fruit:** Research shows that whole cranberries trump cranberry juice in their antioxidant value; they contain compounds that play an important role in protecting your body's cells from free-radical damage. Whenever possible, opt for eating fresh cranberries!





## Maple-Glazed Carrots

**SERVES 10.**

**HANDS-ON TIME:** 20 MINUTES.

**TOTAL TIME:** 30 MINUTES.

Sweet, tender carrots make a perfect side for turkey or brisket. Try using colorful heirloom carrots, as shown here, to add an extra punch of color to this vibrant dish.

**MAKE AHEAD:** Prepare all ingredients, except parsley, up to 1 day ahead, storing perishables in the fridge. Prepare parsley within a few hours of serving and prepare recipe within 1 hour of serving.

### INGREDIENTS:

- 2 tbsp olive oil
- 2 lb carrots, peeled and cut diagonally into ¼-inch slices (about 6½ cups)
- ½ cup low-sodium vegetable or chicken broth
- ½ tsp sea salt, plus additional, to taste
- 2 tbsp pure maple syrup
- 1 tbsp organic unsalted butter
- 1½ tsp chopped fresh flat-leaf parsley

### INSTRUCTIONS:

**ONE:** In a 12- to 14-inch skillet on medium-high, heat oil. Add carrots and cook, stirring occasionally, until lightly browned and crisp-tender, about 8 minutes. Stir in broth and ½ tsp salt, scraping up any browned bits in the skillet with a spoon, and bring to a boil. Reduce to a simmer, cover and cook until carrots are tender, about 5 minutes.

**TWO:** Uncover, increase heat to medium-high and cook until liquid has almost entirely evaporated, 1 to 2 minutes. Remove from heat and stir in maple syrup and butter, stirring until butter melts. Season with additional salt, to taste, and sprinkle with parsley.

### NUTRIENTS PER SERVING (½ CUP):

**CALORIES:** 84, **TOTAL FAT:** 4 g,  
**SAT. FAT:** 1 g, **MONOUNSATURATED FAT:** 2 g,  
**POLYUNSATURATED FAT:** 1 g, **CARBS:** 12 g,  
**FIBER:** 3 g, **SUGARS:** 7 g, **PROTEIN:** 1 g,  
**SODIUM:** 166 mg, **CHOLESTEROL:** 3 mg



***Perfect Pear-ing:** With less than 90 calories per serving, this soup provides big health benefits. The pumpkin brims with immune-boosting and eye-supportive vitamin A, while the pears provide a richness of phytonutrients such as flavonols, plant compounds that help prevent oxidative stress in the body.*



**PUMPKIN & PEAR SOUP**  
(SEE RECIPE, P. 46)



***A Nutrient-Packed Salad:** The grapefruit segments deliciously tucked into this salad are packed with vitamin C, a water-soluble micronutrient that enhances your immune system and protects lung health. It also features creamy avocados, containing omega-3 fatty acids in the form of alpha-linolenic acid (ALA). Studies show that ALA may help protect your heart and may also play a role in protecting against vascular inflammation.*

**BUTTER LEAF SALAD**  
WITH GRAPEFRUIT, AVOCADO  
& BUTTERMILK YOGURT DRESSING  
(SEE RECIPE, P. 46)



## Spiced Brisket

WITH SHALLOTS & TANGERINES

**SERVES** 10.

**HANDS-ON TIME:** 30 MINUTES.

**TOTAL TIME:** 4 HOURS, 30 MINUTES.

Chinese five-spice powder adds a subtle hint of exotic flavor, while tangerines impart sweetness to balance out the richness of the brisket.

**MAKE AHEAD:** Prepare up to 2 days ahead. Store sliced meat and sauce in baking pan, cover and refrigerate. Remove from refrigerator 30 to 60 minutes in advance, then reheat at 350°F for about 45 minutes before serving.

### INGREDIENTS:

- 1 3-lb flat-cut beef brisket, trimmed of fat
- 2 tsp Chinese five-spice powder
- 1 tsp each sea salt and ground black pepper
- 8 shallots, cut into ¼-inch slices (about 1½ cups)
- 4 small seedless tangerines, halved and cut into ¼-inch slices (peel on)
- 1¾ cups low-sodium beef broth
- 3 tbsp balsamic vinegar
- 2 tbsp arrowroot powder

### INSTRUCTIONS:

**ONE:** Preheat oven to 375°F. Sprinkle brisket on both sides with five-spice, salt and pepper. Arrange brisket in a 9 x 13-inch baking pan. (**NOTE:** The side of brisket that was trimmed of fat should be facing up.) Arrange shallots and tangerines on and around brisket; bake, uncovered, for 30 minutes.

**TWO:** Meanwhile, in a measuring cup, combine broth, vinegar and arrowroot, whisking to dissolve arrowroot.

**THREE:** Remove brisket from oven and pour broth mixture into pan. Cover tightly with foil and continue baking until meat is very tender, about 3 hours. Remove brisket from oven and uncover. Let cool in pan juices for 30 minutes.

**FOUR:** Transfer brisket to a cutting board and slice meat against the grain. Serve meat with tangerine-shallot sauce mixture spooned on top.

### NUTRIENTS PER SERVING

(2½ OZ BRISKET AND ¼ CUP SAUCE MIXTURE):

**CALORIES:** 256, **TOTAL FAT:** 6 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 2 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 19 g, **FIBER:** 1 g, **SUGARS:** 7 g, **PROTEIN:** 33 g, **SODIUM:** 307 mg, **CHOLESTEROL:** 56 mg



You can make this elegant brisket entirely in advance and just heat it up the day of your party!



## Rosemary-Roasted Turkey WITH PORCINI PAN SAUCE

**SERVES** 10 (WITH LEFTOVERS).  
**HANDS-ON TIME:** 60 MINUTES.  
**TOTAL TIME:** 4 HOURS  
(PLUS MARINATING TIME).

No holiday menu is complete without the main event: a perfectly seasoned, succulent turkey. Rosemary, garlic and onion lend classic flavors to this spice rub and a porcini pan sauce provides a gorgeous, rich flavor for dipping.

**MAKE AHEAD:** Prepare up to 1 day ahead through Step One. Remove turkey from refrigerator about 1 hour before proceeding, then complete preparation the day of.

### INGREDIENTS:

- ¼ cup chopped fresh rosemary
- 2 tbsp olive oil
- 1 tbsp each garlic powder and onion powder
- 1 tsp ground black pepper, plus additional, to taste
- 1 10- to 12-lb turkey (thawed if frozen), neck and giblets removed
- 3 cups low-sodium chicken broth, divided, plus additional if needed
- ½ oz dried porcini mushrooms, cut or torn into ¼-inch pieces
- ¼ cup arrowroot powder, dissolved in ¼ cup cold water
- Sea salt, to taste

### INSTRUCTIONS:

**ONE:** In a medium bowl, combine rosemary, oil, garlic powder, onion powder and 1 tsp pepper. Place turkey on work surface, gently slip your fingers under the skin and work in herb mixture, distributing evenly over meat. Set turkey aside for 1 hour at room temperature, or if preparing in advance, overnight in the refrigerator. (**NOTE:** If turkey is marinating in the refrigerator, remove from fridge about 1 hour before continuing to Step Two.)

**TWO:** Preheat oven to 400°F. Arrange turkey, breast side up, on a roasting rack



set in a roasting pan. Tie legs together (if they aren't already) and tuck in wings. Add about 2 cups broth to roasting pan, enough to fill pan  $\frac{1}{4}$  inch deep. Loosely cover turkey with foil and roast for 1 hour.

**THREE:** Remove foil and baste turkey with pan juices. Continue roasting uncovered, basting every 20 to 30 minutes, until an internal thermometer inserted into the thickest part of the thigh (without touching the bone) registers 165°F, about  $2\frac{1}{4}$  to  $2\frac{3}{4}$  hours total cooking time. (**NOTE:** If pan gets dry, add water or additional broth to maintain about  $\frac{1}{4}$  inch of liquid. If any part of turkey gets too brown, cover it loosely with foil.)

**FOUR:** Meanwhile, in a small saucepan on medium-high, combine remaining 1 cup broth with mushrooms and bring to a boil. Remove from heat and cover; set aside.

**FIVE:** Transfer turkey to a cutting board and let rest, loosely covered with foil, for 20 to 30 minutes.

**SIX:** Meanwhile, carefully pour pan drippings from roasting pan into a measuring cup and set aside to let fat separate. Add porcini mixture to roasting pan and place pan on medium heat, straddled over 2 burners if necessary. Bring to a boil, scraping up any browned bits in the pan with a spoon. Skim and discard fat from pan drippings, add remaining liquid to the roasting pan and return to a boil. Whisk in arrowroot mixture and cook until sauce thickens, 30 to 60 seconds. Add salt and additional pepper and transfer sauce to a gravy boat.

**SEVEN:** Carve turkey and serve with sauce on the side.

#### NUTRIENTS PER SERVING

(4 OZ TURKEY AND  $\frac{1}{4}$  CUP SAUCE):

**CALORIES:** 196, **TOTAL FAT:** 10 g, **SAT. FAT:** 3 g, **MONOUNSATURATED FAT:** 4 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 1 g, **FIBER:** 1 g, **SUGARS:** 1 g, **PROTEIN:** 24 g, **SODIUM:** 82 mg, **CHOLESTEROL:** 77 mg



## Whole-Wheat Dressing WITH WILD RICE

**SERVES** 10.

**HANDS-ON TIME:** 40 MINUTES.

**TOTAL TIME:** 1 HOUR, 45 MINUTES.

Wild rice adds depth of flavor to this veggie-packed, whole-wheat dressing. For best texture, look for bread that has a thick, crunchy crust rather than a soft one.

**MAKE AHEAD:** Prepare up to 2 days ahead through Step Three. Cover and refrigerate. Remove from fridge 30 to 60 minutes in advance and bake within 1 hour of serving.

#### INGREDIENTS:

- $\frac{1}{3}$  cup wild rice
- 2 tbsp olive oil
- 1 yellow onion, finely chopped
- 3 stalks celery, thinly sliced diagonally
- 1 carrot, cut into matchsticks or coarsely shredded
- 1 tbsp chopped fresh thyme leaves
- $\frac{1}{2}$  tsp ground black pepper
- 12 oz whole-wheat bread, cut or torn into  $\frac{3}{4}$ -inch pieces (about 12 cups)
- $1\frac{1}{2}$  cups low-sodium vegetable or chicken broth

#### INSTRUCTIONS:

**ONE:** In a medium saucepan on high, bring 4 cups water to a boil. Add rice,

reduce to a simmer and cook, stirring occasionally, until very tender, about 50 minutes.

**TWO:** Meanwhile, in a large skillet on medium, heat oil. Add onion and cook, stirring occasionally, for 2 minutes. Add celery and cook, stirring occasionally, for 4 minutes. Add carrot and cook, stirring occasionally, until vegetables are very tender, 2 to 4 minutes. Transfer mixture to a large bowl and add thyme and pepper. Stir in bread, then add broth and gently stir to evenly moisten. Remove about one-third of bread mixture and transfer to a medium bowl. Set both bowls aside.

**THREE:** Mist a 2- to  $2\frac{1}{2}$ -qt casserole dish with cooking spray and set aside. Drain rice. Stir rice into larger bowl of bread mixture, then transfer to the prepared baking dish, spreading evenly. Top with reserved one-third bread mixture, spreading evenly.

**FOUR:** Preheat oven to 400°F. Cover with foil and bake until heated through, 20 to 30 minutes. Uncover and bake until browned on top, 20 to 30 minutes.

#### NUTRIENTS PER SERVING (1 CUP):

**CALORIES:** 193, **TOTAL FAT:** 5 g, **SAT. FAT:** 1 g, **MONOUNSATURATED FAT:** 2 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 27 g, **FIBER:** 3 g, **SUGARS:** 6 g, **PROTEIN:** 6 g, **SODIUM:** 440 mg, **CHOLESTEROL:** 0 mg



## Pumpkin & Pear Soup

**SERVES** 10.

**HANDS-ON TIME:** 50 MINUTES.

**TOTAL TIME:** 1 HOUR, 10 MINUTES.

Velvety smooth with both sweet and savory notes, this soup has the richness of a creamy soup – but without the cream. You can make this almost entirely in advance and garnish before serving.

**MAKE AHEAD:** Prepare up to 3 days ahead through Step Three. Cover and refrigerate. Prepare garnish and reheat within 1 hour of serving.

### INGREDIENTS:

- 2 firm ripe pears, divided
- 2 tbsp olive oil
- 1 3½-lb cooking pumpkin, peeled, seeded and cut into ½-inch cubes (about 7½ cups)
- 1 yellow onion, finely chopped
- 2 tbsp finely chopped fresh sage leaves
- ½ tsp ground allspice
- ½ tsp each sea salt and ground black pepper, plus additional, to taste
- 5 cups low-sodium vegetable or chicken broth
- 1 tbsp fresh lemon juice

### INSTRUCTIONS:

**ONE:** Dice 1½ pears and set aside.

**(NOTE:** If making in advance, cover and refrigerate remaining half pear until needed.)

**TWO:** In a 6-qt stockpot on medium-high, heat oil. Add pumpkin and cook, stirring occasionally, for 2 minutes. Add onion and cook, stirring occasionally, for 4 minutes. Stir in diced pear, sage, allspice, ½ tsp each salt and pepper and cook, stirring occasionally, until vegetables are crisp-tender, about

4 minutes. Add broth, scraping up any browned bits in the pot with a spoon. Bring to a boil, then reduce to a simmer and cook until pumpkin and pear are very tender, 6 to 8 minutes.

**THREE:** Using an immersion blender, carefully purée soup. (Alternatively, purée soup in an upright blender, in batches; remove cap from lid and cover opening with a kitchen towel to allow steam to escape.)

**FOUR:** Cut remaining half pear into matchsticks. In a medium bowl, combine matchsticks with lemon juice, stirring to coat. Cover matchsticks and set aside in the refrigerator until needed.

**FIVE:** To serve, reheat soup on medium, stirring occasionally, until heated through. Season with additional salt and pepper. Garnish with pear matchsticks.

**NUTRIENTS PER SERVING** (1 CUP SOUP AND 1 TBSP PEAR MATCHSTICKS):

**CALORIES:** 84, **TOTAL FAT:** 3 g, **SAT. FAT:** 1 g, **MONOUNSATURATED FAT:** 2 g, **POLYUNSATURATED FAT:** 0 g, **CARBS:** 14 g, **FIBER:** 2 g, **SUGARS:** 6 g, **PROTEIN:** 1 g, **SODIUM:** 168 mg, **CHOLESTEROL:** 0 mg

## Butter Leaf Salad WITH GRAPEFRUIT, AVOCADO & BUTTERMILK YOGURT DRESSING

**SERVES** 10.

**HANDS-ON TIME:** 30 MINUTES.

**TOTAL TIME:** 30 MINUTES.

Creamy and tart flavors are perfectly balanced by our rich buttermilk-based dressing.

**MAKE AHEAD:** Prepare up to 1 day ahead through Step Two. Cover and refrigerate all ingredients until needed. Complete just before serving.

### INGREDIENTS:

- ½ cup whole-milk plain Greek yogurt
- 3 tbsp buttermilk
- 1 tbsp raw honey
- ½ tsp sea salt
- ¼ tsp ground black pepper
- 3 small pink and/or white grapefruit
- 2 small avocados
- 2 heads butter leaf lettuce, trimmed and torn into bite-size pieces
- ¼ cup chopped fresh mint leaves

### INSTRUCTIONS:

**ONE:** Prepare dressing: In a small bowl, whisk together yogurt, buttermilk, honey, salt and pepper. Cover and set aside in the refrigerator.

**TWO:** Cut peel from grapefruit, including the white pith. Working over a bowl to catch juices, carefully cut between membranes and release segments. Set segments and any accumulated juices aside separately.

**THREE:** Peel, pit and thinly slice avocados, arranging slices in a bowl with grapefruit juice. **(NOTE:** Ensure that avocado slices are coated with juice to avoid browning.)

**FOUR:** Divide lettuce among individual plates (or arrange on a platter). Arrange grapefruit segments and avocado slices on top. Drizzle with dressing and sprinkle with mint just before serving.

**NUTRIENTS PER SERVING**

(1 SALAD WITH 1 TBSP DRESSING):

**CALORIES:** 90, **TOTAL FAT:** 5 g, **SAT. FAT:** 1 g, **MONOUNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 10 g, **FIBER:** 3 g, **SUGARS:** 7 g, **PROTEIN:** 2 g, **SODIUM:** 109 mg, **CHOLESTEROL:** 1 mg





**Your Day-By-Day Holiday Game Plan:** We've mapped out your meal preparation for easy reference. Choose from one of our two succulent entrées – or opt for both! – and your desired accompanying dishes, then start to prepare your selected recipes on the appropriate day as described below. Use our handy boxes next to each step to check off your chosen recipes.

## 5 DAYS AHEAD

- ☐ Prepare Lemon Cranberry Sauce.

## 3 DAYS AHEAD

- ☐ Prepare Pumpkin & Pear Soup through **Step Three**.

## 2 DAYS AHEAD

- ☐ Prepare Whole-Wheat Dressing with Wild Rice through **Step Three**.
- ☐ Prepare Spiced Brisket with Shallots & Tangerines.

## 1 DAY AHEAD

- ☐ Prepare Endive Bites with Goat Cheese, Figs & Honey through **Step One**.
- ☐ Prepare Butter Leaf Salad with Grapefruit, Avocado & Buttermilk Yogurt Dressing through **Step Two**.
- ☐ Prepare ingredients for Maple-Glazed Carrots (except parsley).
- ☐ Prepare ingredients for Sour Cream & Chive Mashed Potatoes.
- ☐ Prepare Rosemary-Roasted Turkey with Porcini Pan Sauce through **Step One**.

## THE DAY OF

- ☐ Remove turkey from fridge about 1 hour before continuing to **Step Two**, then complete preparation of Rosemary-Roasted Turkey with Porcini Pan Sauce.
- ☐ Prepare Individual Apple & Pecan Crumbles through **Step Three**. Refrigerate and remove from fridge 30 to 60 minutes before assembling and baking.
- ☐ Remove Endive Bites with Goat Cheese, Figs & Honey from fridge about 30 minutes before assembling.
- ☐ Remove Whole-Wheat Dressing with Wild Rice from fridge 30 to 60 minutes before baking.
- ☐ Remove Spiced Brisket with Shallots & Tangerines from fridge 30 to 60 minutes before reheating.

## ONCE GUESTS ARRIVE

- ☐ Complete Endive Bites with Goat Cheese, Figs & Honey.

## WITHIN 1 HOUR OF SERVING

- ☐ Prepare garnish and reheat Pumpkin & Pear Soup.
- ☐ Complete Butter Leaf Salad with Grapefruit, Avocado & Buttermilk Yogurt Dressing.
- ☐ Prepare Maple-Glazed Carrots.
- ☐ Garnish Lemon Cranberry Sauce.
- ☐ Prepare Sour Cream & Chive Mashed Potatoes.
- ☐ Bake Whole-Wheat Dressing with Wild Rice.
- ☐ Reheat Spiced Brisket with Shallots & Tangerines.
- ☐ Assemble and bake Individual Apple & Pecan Crumbles.

## CE's Holiday Helpers

Sure, in an ideal world we'd make everything from scratch during the holidays. But in reality, it helps to have a few clean shortcuts up your sleeve. Here are a few that we love.

### TEENY TINY SPICE CO. OF VERMONT ORGANIC SHEPHERD HERB MIX

Give your turkey a rubdown with this aromatic blend of lemon, lavender, mint, sage, rosemary, fennel, basil, garlic, parsley, thyme and more! **\$10**, [teenytinyspice.com](http://teenytinyspice.com)



### PACIFIC FOODS ORGANIC WHOLE BERRY CRANBERRY SAUCE

Whether you prefer cranberries whole or jellied, this favored turkey topper is bursting with holiday flavor. **\$4 to \$4.50**, [pacificfoods.com](http://pacificfoods.com)



### FARMER'S MARKET ORGANIC PUMPKIN PURÉE

BPA-free cans and organic ingredients – 100% pumpkin, to be exact – mean you can feel especially good whipping up your favorite pumpkin-laced holiday recipe. **\$3.50**, [shoporganic.com](http://shoporganic.com)





## Sour Cream & Chive Mashed Potatoes

**SERVES 10.**

**HANDS-ON TIME:** 15 MINUTES.

**TOTAL TIME:** 40 MINUTES.

Picture your favorite baked potato topped with velvety sour cream and fresh chives – we’ve taken those great flavors and infused them into family-style mashed potatoes. Try them alongside our turkey or brisket, or as a quick-and-easy side for any time of year.

**MAKE AHEAD:** Prepare ingredients up to 1 day ahead, storing perishables covered in the fridge (store the potatoes in a container of water, covered, in the fridge). Prepare recipe within 1 hour of serving.

### INGREDIENTS:

- 2½ lb Russet potatoes, peeled or peel on, cut into 1½-inch chunks
- 1 cup sour cream, room temperature
- ½ cup whole milk, room temperature
- ½ tsp sea salt, plus additional, to taste
- ¼ cup chopped fresh chives

### INSTRUCTIONS:

**ONE:** In a large saucepan, add potatoes and cover by 1 inch with cold water; bring to a boil. Continue to boil until potatoes are very tender, 15 to 18 minutes.

**TWO:** Drain potatoes and return mixture to pot. Add sour cream, milk and ½ tsp salt and mash with a potato masher to desired consistency. Stir in chives and additional salt, if desired.

### NUTRIENTS PER SERVING (¾ CUP):

**CALORIES:** 139, **TOTAL FAT:** 4 g, **SAT. FAT:** 3 g, **MONOUNSATURATED FAT:** 0.5 g, **POLYUNSATURATED FAT:** 0.5 g, **CARBS:** 22 g, **FIBER:** 2 g, **SUGARS:** 2 g, **PROTEIN:** 4 g, **SODIUM:** 115 mg, **CHOLESTEROL:** 17 mg



## Lemon Cranberry Sauce

**SERVES 10.**

**HANDS-ON TIME:** 5 MINUTES.

**TOTAL TIME:** 20 MINUTES (PLUS CHILLING TIME).

Tart with a hint of sweetness and a twist of lemon, our homemade cranberry sauce will please a crowd – the best part is that you can make it entirely in advance and garnish at the last moment.

**MAKE AHEAD:** Prepare up to 5 days ahead. Garnish just before serving.

### INGREDIENTS:

- 1 lemon
- 2½ cups fresh or frozen cranberries
- ¾ cup Sucanat
- ¼ tsp sea salt

### INSTRUCTIONS:

**ONE:** Using a vegetable peeler, remove zest from half of lemon. (**NOTE:** Remove colored part only, avoiding the white pith.) Cut peel crosswise into thin slices. Save remaining lemon for another use.

**TWO:** Set aside ½ tsp lemon peel. In a medium saucepan on medium, combine remaining lemon peel, cranberries, Sucanat, ¾ cup water and salt. Bring to a boil, reduce to a simmer and cook, stirring occasionally, until most cranberries have burst, about 10 minutes. Transfer to a resealable container or serving dish and set aside to cool to room temperature. Chill in the refrigerator. Serve chilled. Before serving, garnish with reserved ½ tsp lemon peel.

### NUTRIENTS PER SERVING (3 TBSP):

**CALORIES:** 73, **TOTAL FAT:** 0 g, **SAT. FAT:** 0 g, **CARBS:** 18 g, **FIBER:** 1 g, **SUGARS:** 16 g, **PROTEIN:** 1 g, **SODIUM:** 57 mg, **CHOLESTEROL:** 0 mg



## Endive Bites WITH GOAT CHEESE, FIGS & HONEY

**SERVES 10.**

**HANDS-ON TIME:** 15 MINUTES.

**TOTAL TIME:** 15 MINUTES.

When guests are coming, it’s always helpful to have a quick, no-cook appetizer on the menu. These fresh, crisp endive leaves with creamy goat cheese and sweet honey are a cinch to put together, and will please even the pickiest guest.

**MAKE AHEAD:** Prepare up to 1 day ahead through Step One. Cover with plastic wrap and refrigerate. Remove from fridge about 30 minutes before assembling and serving.

### INGREDIENTS:

- 4 large heads white and/or red endive, trimmed and separated into leaves (about 30 leaves)
- ¾ cup soft goat cheese
- 5 unsweetened dried figs, each cut into 6 pieces
- ½ tsp ground black pepper
- 1 tbsp raw honey

### INSTRUCTIONS:

**ONE:** Fill bottom end of each endive leaf with about 1 tsp cheese, arranging filled leaves on a platter. Top cheese with a piece of fig.

**TWO:** Sprinkle filled ends with pepper and drizzle with honey.

### NUTRIENTS PER SERVING

(3 ENDIVE LEAVES WITH TOPPINGS):

**CALORIES:** 112, **TOTAL FAT:** 5 g, **SAT. FAT:** 3 g, **MONOUNSATURATED FAT:** 1 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 12 g, **FIBER:** 4 g, **SUGARS:** 4 g, **PROTEIN:** 7 g, **SODIUM:** 129 mg, **CHOLESTEROL:** 10 mg





## Individual Apple & Pecan Crumbles

**SERVES** 10.

**HANDS-ON TIME:** 30 MINUTES.

**TOTAL TIME:** 1 HOUR, 40 MINUTES.

A classic finish to any holiday meal, these elegant, individual-sized apple crumbles are topped with creamy, decadent crème fraîche. Their presentation is sure to impress, and they can be made almost entirely in advance and assembled at the last moment.

**MAKE AHEAD:** Prepare through Step Three the day of. Cover and refrigerate ramekins (with fruit) and crumble topping separately. Remove ramekins from refrigerator 30 to 60 minutes before assembling and baking. Leave crumble in the refrigerator until just before baking. Complete within 1 hour of serving.

### INGREDIENTS:

- ½ cup white whole-wheat flour
- 2 tbsp organic unsalted butter, cut into 3 or 4 pieces
- ½ cup rolled oats
- 2 tbsp chopped unsalted pecans

- ½ cup plus 2 tbsp organic evaporated cane juice, divided
- ¼ tsp plus pinch sea salt, divided
- 2½ lb sweet-tart apples (such as McIntosh), peeled, cored and thinly sliced (about 5 apples)
- 1 tbsp fresh lemon juice
- ¼ cup crème fraîche

### INSTRUCTIONS:

**ONE:** Mist 10 ½-cup ramekins with cooking spray and arrange on a large, rimmed baking sheet.

**TWO:** Prepare crumble topping: In a medium bowl, combine flour and butter, working butter into flour with a pastry cutter, a fork or your fingertips until mixture resembles a coarse meal. Stir in oats, pecans, ½ cup cane juice and ¼ tsp salt. Set aside.

**THREE:** In a large bowl, combine apples, lemon juice, remaining 2 tbsp cane juice and pinch salt. Transfer fruit to ramekins.

**FOUR:** Preheat oven to 375°F. Sprinkle crumble topping over apples and bake for 60 minutes, until fruit is tender and topping is golden brown. Set aside to cool 10 minutes. Top each crumble with crème fraîche, dividing evenly.

### NUTRIENTS PER SERVING


(1 CRUMBLE WITH CRÈME FRAÎCHE):

**CALORIES:** 180, **TOTAL FAT:** 5 g, **SAT. FAT:** 3 g,

**MONOUNSATURATED FAT:** 1 g,

**POLYUNSATURATED FAT:** 1 g, **CARBS:** 32 g,

**FIBER:** 4 g, **SUGARS:** 20 g, **PROTEIN:** 2 g,

**SODIUM:** 66 mg, **CHOLESTEROL:** 12 mg 





# GENIUS USES FOR TURKEY DAY LEFTOVERS

*Leftover turkey can easily be used up in sammies, in wraps and even tucked into casseroles, but what do you do with those leftover sides? Here are a few ways to turn green beans, cranberry sauce and stuffing into all-new recipes for your family of four.*

RECIPES BY JILL SILVERMAN HOUGH, PHOTOGRAPHY BY JODI PUDGE



**Green Beans**  
**LEFTOVERS**



**Cranberry Sauce**  
**LEFTOVERS**



**Stuffing**  
**LEFTOVERS**

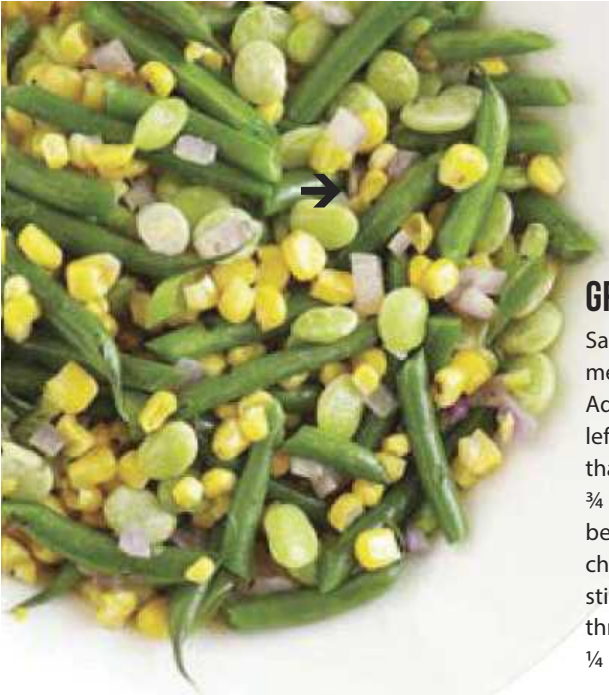
## CRANBERRY YOGURT PARFAIT →

Combine 1 cup leftover cranberry sauce with 1 cup plain yogurt. Dice 4 pears. Layer pears and cranberry mixture in 4 parfait glasses or tall tumblers. Top each with 2 tbsp homemade or all-natural granola.

**CE PICK:** 18 Rabbits Felicitas Granola







## GREEN BEAN SUCCOTASH

Sauté ½ diced red onion over medium-high heat until tender. Add 1 cup halved or chopped leftover green beans, ¾ cup thawed-from-frozen corn kernels, ¾ cup thawed-from-frozen lima beans and ½ cup low-sodium chicken or vegetable broth, stirring occasionally until heated through, 1 to 2 minutes. Stir in ¼ cup sliced scallions.

**FROM SCRATCH:** If you don't have leftover green beans on hand, cooking them will only take about 10 more minutes. Add 1 inch of water to a large saucepan fitted with a steamer insert, cover and bring to a boil. Add about ½ lb French-style green beans to steamer and reduce heat to low. Cook, covered, until beans are tender, about 6 minutes. Transfer beans to a serving bowl or chop and add to Green Bean Succotash recipe.



## STUFFING RIBOLLITA

Arrange ¾ cup warm leftover stuffing in each of 4 shallow bowls. Top each with ½ cup finely shredded cabbage, ½ cup diced tomatoes and 2 tbsp shredded or shaved Parmesan cheese. Pour ¾ cup hot low-sodium chicken broth into each bowl.

**DID YOU KNOW?** Literally meaning "reboiled" in Italian, ribollita is a traditional Tuscan soup using stale leftover bread. Our riff on the European classic may not include the traditional beans, but its colorful produce and flavorful stuffing will surely not disappoint. ☺



You Could  
WIN a \$1,000  
Shopping Spree!  
Introducing the



*Quality with Integrity®*

**BAKING CLEAN  
GREEN  
SWEEPSTAKES**

**First prize:  
\$1,000 to spend**

at your favorite store that sells  
IF YOU CARE products.

**Ten Second Prizes:**  
\$100 IF YOU CARE  
Baking Gift Baskets.

**Enter Now!**

Go to [ifyoucare.com/sweepstakes](http://ifyoucare.com/sweepstakes)  
or Visit If You Care Household  
Products on Facebook.



FSC® and Compostable Certified  
Sustainable • Non-Toxic  
Unbleached • Totally Chlorine Free  
Renewable Resources

NO PURCHASE NECESSARY. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. Must be a legal resident of the 50 United States, D.C., who has the age of majority in his or her state of residence at the time of entry. Sweepstakes begins 11/1/2015, ends on 12/15/2015. For entry and official rules with complete eligibility, prize descriptions, odds disclosure and other details, visit [ifyoucare.com/sweepstakes](http://ifyoucare.com/sweepstakes). Sponsored by Source Atlantique, Inc. Void where prohibited.

[ifyoucare.com](http://ifyoucare.com)

# ONE SKILLET SUPPERS

*Between holiday parties and family get-togethers, you're too busy this time of year to deal with complicated recipes that use up all the pots and pans in your cupboard. These 4 nutritious recipes each use only one skillet and are all designed to keep cleanup to a minimum!*

RECIPES BY ALISON KENT, PHOTOGRAPHY BY JODI PUDGE

## **Do you dread cleaning up your kitchen after enjoying a nice family meal?**

We know the last thing you want to do after dinner is spend your evening washing a sink full of pots and pans, especially at this busy time of year. So, we've created four fantastic recipes that are all easy to put together, are full of flavor, and most importantly, use only one skillet for minimal cleanup.

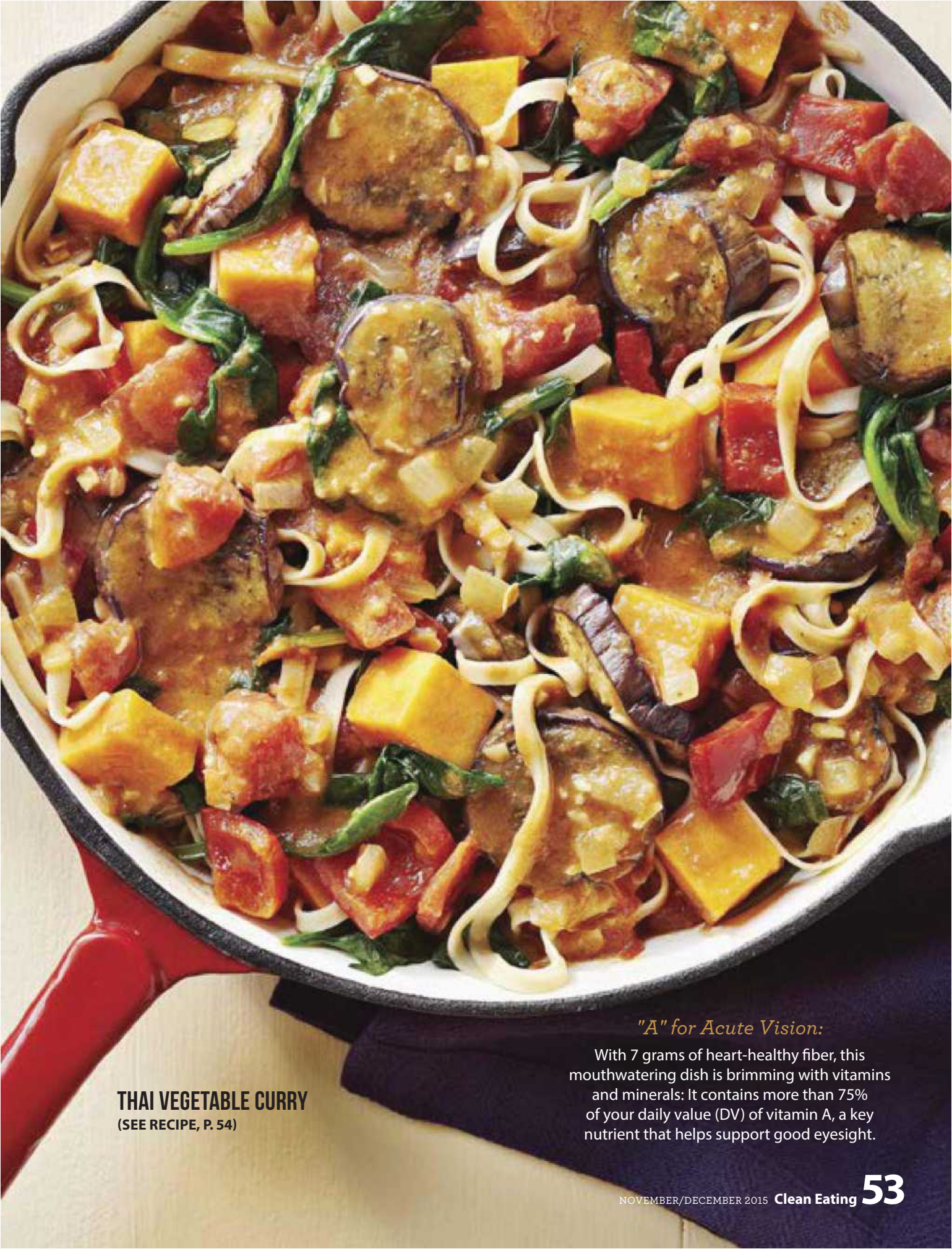
We've incorporated a variety of flavors into these dishes – including Thai, Mexican and French – all of which can be put together in 30 minutes or less of hands-on time.

So tonight, choose one of these amazing recipes, grab your groceries and enjoy a gourmet-style meal. We promise you'll spend more time with your family and less time at the sink washing pots and pans!



FOOD STYLING BY DAVID GRENIER, PROP STYLING BY MADELINE JOHARI





**THAI VEGETABLE CURRY**  
(SEE RECIPE, P. 54)

*"A" for Acute Vision:*

With 7 grams of heart-healthy fiber, this mouthwatering dish is brimming with vitamins and minerals: It contains more than 75% of your daily value (DV) of vitamin A, a key nutrient that helps support good eyesight.





## CORN BREAD-TOPPED BEEF & BLACK BEAN CHILI

**SERVES** 8.

**HANDS-ON TIME:** 20 MINUTES.

**TOTAL TIME:** 1 HOUR.

A one-skillet twist on a traditional chili with corn bread, this recipe uses both lean beef and black beans for a satisfying protein punch.

### INGREDIENTS:

- 1 lb extra-lean ground beef
- 1 yellow onion, chopped
- 1 stalk celery, chopped
- 2 cloves garlic, minced
- 2 tbsp unsalted tomato paste
- 1½ tsp chile powder
- 2 tsp ground cumin
- 1 tsp dried oregano
- 1 15-oz BPA-free can black beans, drained and rinsed
- 4 cups jarred or boxed unsalted diced tomatoes
- ¾ cup fresh or frozen corn kernels (thawed, if frozen)
- ½ cup low-sodium vegetable or chicken broth (or water)
- ¼ tsp each sea salt and ground black pepper

### CORN BREAD

- ¾ cup whole-wheat flour
- ½ cup whole-grain cornmeal  
(**NOTE:** Not the stone-ground variety.)
- 1½ tsp baking powder
- ¼ tsp sea salt
- 1 egg
- 1 cup buttermilk

- 1 tsp olive oil
- 2 tbsp chopped fresh cilantro or parsley
- ½ cup shredded cheddar cheese

### INSTRUCTIONS:

**ONE:** Preheat oven to 400°F. In a large, deep ovenproof skillet on medium, add beef, onion, celery and garlic and sauté, breaking up with a spoon, until beef is no longer pink and vegetables are soft, 6 to 8 minutes.

**TWO:** Add tomato paste, chile powder, cumin and oregano. Cook, stirring constantly, for 30 seconds. Add beans, tomatoes, corn, broth and ¼ tsp each salt and pepper; bring to boil. Reduce heat to medium-low, cover and simmer, stirring occasionally, for 12 minutes.

**THREE:** Meanwhile, prepare corn bread: In a medium bowl, whisk flour, cornmeal, baking powder and ¼ tsp salt. In a small bowl, whisk egg, buttermilk and oil; pour over flour mixture and add cilantro. Stir just until combined; spoon mixture evenly over chili in 8 dollops.

**FOUR:** Bake for 30 to 35 minutes, until corn bread is golden and cooked through. Remove from oven and sprinkle with cheese. Switch oven to broil setting on high and broil, watching closely, until cheese is bubbling, 1 minute. Let stand for 5 minutes before serving.

### NUTRIENTS PER SERVING

(1½ CUPS AND 1 PIECE CORN BREAD):

**CALORIES:** 218, **TOTAL FAT:** 4 g, **SAT. FAT:** 1 g,

**CARBS:** 27 g, **FIBER:** 5 g, **SUGARS:** 6 g,

**PROTEIN:** 17 g, **SODIUM:** 393 mg,

**CHOLESTEROL:** 31 mg

## THAI VEGETABLE CURRY

**SERVES** 6.

**HANDS-ON TIME:** 30 MINUTES.

**TOTAL TIME:** 30 MINUTES.

Colorful sweet potato, red bell pepper and spinach take the spotlight in this classic curry with Pad Thai noodles. The combination of coconut, lime and cilantro makes this dish an authentic Thai experience – in only 30 minutes!

### INGREDIENTS:

- 6 oz brown rice Pad Thai noodles
- 2 tsp coconut or grape seed oil
- 1 yellow onion, chopped
- 2 cloves garlic, minced
- 1 tbsp Thai green curry paste
- 3 Japanese eggplants, trimmed and cut into ½-inch-thick rounds
- 1 large sweet potato, peeled and cut into 1-inch cubes
- 1 red bell pepper, seeded and chopped
- 2 cups jarred or boxed unsalted diced tomatoes
- ¾ cup coconut milk
- 2 tsp organic evaporated cane juice
- 1 tsp reduced-sodium soy sauce
- 3 cups torn spinach leaves
- 1 tsp lime zest, plus 1 tbsp fresh lime juice
- ¼ cup fresh cilantro or torn basil leaves

### INSTRUCTIONS:

**ONE:** To a large, heat-proof bowl, add noodles and pour boiling water over top to cover. Stir to separate and let stand for 2 to 3 minutes, until pliable. Drain and set aside.

**TWO:** In a large, deep skillet or wok on medium-high, heat oil. Add onion, garlic and curry paste and sauté, stirring constantly, for 20 seconds. Add eggplant, potato and bell pepper and cook, stirring frequently, for 1 minute. Stir in tomatoes, coconut milk, cane juice and soy sauce. Bring to a boil, then reduce heat to medium-low, cover and gently simmer, stirring occasionally, until vegetables are tender, about 10 minutes.

**THREE:** Stir in noodles, spinach, lime zest and juice and toss to coat. Continue to cook for 1 to 2 minutes, until just heated through. Garnish with cilantro.

### NUTRIENTS PER SERVING (1½ CUPS):

**CALORIES:** 264, **TOTAL FAT:** 9 g, **SAT.**

**FAT:** 6 g, **MONOUNSATURATED FAT:** 1 g,

**POLYUNSATURATED FAT:** 1 g, **CARBS:** 42 g,

**FIBER:** 7 g, **SUGARS:** 9 g, **PROTEIN:** 6 g,

**SODIUM:** 112 mg, **CHOLESTEROL:** 0 mg





## HERBED TURKEY SCALLOPINE *with Lemon Dijon Kale*

**SERVES 6. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 25 MINUTES.**

Fresh dill and Dijon pack this turkey scallopine with mouthwatering flavor, while kale provides both a fiber and antioxidant boost. It's a balanced meal with less than 200 calories per serving!

### INGREDIENTS:

- 3 tbsp whole-wheat flour
- 2 tbsp chopped fresh dill
- 2 tsp sesame seeds
- ½ tsp paprika
- ¼ tsp each sea salt and ground black pepper
- 1 lb turkey breast scallopine, cut into 6 pieces
- ½ red onion, thinly sliced
- 2 cloves garlic, thinly sliced
- 2½ cups low-sodium chicken broth
- 1½ tbsp grainy or Dijon mustard
- 1½ tsp lemon zest

- 8 cups sliced kale leaves (in ribbons), tough stems removed
- ½ cup sliced or chopped toasted hazelnuts, optional

### INSTRUCTIONS:

**ONE:** In a small bowl, combine flour, dill, sesame seeds, paprika, salt and pepper; sprinkle all over turkey, patting to coat.

**TWO:** Mist a large, heavy skillet with cooking spray and heat on medium. In 2 batches, add turkey and cook, turning once, until lightly golden and just cooked through, 3 to 4 minutes total per batch. Transfer to a plate. Wipe out skillet and mist with cooking spray; return to

stove top on medium. Add onion and garlic and sauté, stirring frequently, until softened, about 2 minutes.

**THREE:** Add broth, Dijon and lemon zest and stir until combined; stir in kale. Bring to a boil on medium-high, then reduce heat to medium-low, cover and simmer until kale is tender and sauce has thickened slightly, 3 to 4 minutes.

**FOUR:** Return turkey to skillet in a single layer over top of kale. Cover and simmer until turkey is heated through, 1 to 2 minutes. Divide turkey and kale among plates and sprinkle with hazelnuts (if using).

**NUTRIENTS PER SERVING** (1 PIECE SCALLOPINE AND 1¼ CUPS KALE MIXTURE):

**CALORIES:** 170, **TOTAL FAT:** 5 g, **SAT.** **FAT:** 1 g, **MONOUNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 8 g, **FIBER:** 2 g, **SUGARS:** 1 g, **PROTEIN:** 23 g, **SODIUM:** 240 mg, **CHOLESTEROL:** 47 mg



## COQ AU VIN

**SERVES 6. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 45 MINUTES.**

French for “chicken with wine,” coq au vin is a classic dish that combines chicken, red wine, mushrooms and onions. We’ve taken this elegant dish and made it healthier and quicker, and of course, we used only one skillet!

### INGREDIENTS:

- ¼ cup whole-wheat flour
- ¼ tsp each sea salt and ground black pepper
- 2 lb boneless, skinless chicken pieces (6 thighs and 3 breasts, halved)
- 1 yellow onion, chopped
- 1 carrot, sliced into ¼-inch-thick rounds
- 4 cups quartered cremini or white mushrooms
- 12 oz new potatoes, cut into bite-size pieces (about 2 cups)
- 1½ cups low-sodium chicken broth
- ½ cup dry red wine
- 2 tbsp unsalted tomato paste
- 1 tsp herbes de Provence or dried thyme
- 2 tbsp chopped fresh parsley

### INSTRUCTIONS:

**ONE:** In a large bowl, combine flour, salt and pepper. Add chicken, turning to coat in mixture.

**TWO:** Mist a large heavy skillet with cooking spray and heat on medium. Add chicken and cook for 4 to 6 minutes, turning once, until lightly browned. Transfer chicken to a plate; mist skillet with cooking spray and return to stove top on medium. Add onion, carrot and mushrooms and sauté, stirring frequently, for 4 minutes.

**THREE:** Add potatoes, broth, wine, tomato paste and herbes; stir to combine. Return chicken and any accumulated juices to pan in a single layer, nestling chicken into broth. Bring to a boil, reduce heat to medium-low, cover and simmer for about 20 minutes, or until juices run clear when chicken is pierced and potatoes are tender.

**FOUR:** Using tongs and a slotted spoon, transfer chicken and vegetables to shallow dinner bowls or plates. Bring sauce to a boil; boil until sauce is reduced to about 1½ cups, 3 to 4 minutes. Stir in parsley and pour sauce over chicken and vegetables.

**NUTRIENTS PER SERVING** (2 PIECES CHICKEN AND 1½ CUPS VEGETABLES WITH SAUCE):

**CALORIES:** 289, **TOTAL FAT:** 3 g, **SAT. FAT:** 1 g, **CARBS:** 22 g, **FIBER:** 3 g, **SUGARS:** 5 g, **PROTEIN:** 40 g, **SODIUM:** 214 mg, **CHOLESTEROL:** 87 mg

### Blood-Sugar Balance:

Just one serving of this dish provides you with more than 100% of your daily value (DV) of niacin, a B-vitamin that’s involved in the production of insulin and thus plays a role in controlling blood sugar levels. Niacin has also been used therapeutically to help reduce blood cholesterol levels. ☺





# CHEAT, DRINK & STILL SHRINK

## BREAK THROUGH YOUR WEIGHT LOSS PLATEAU

BY AMBER RIOS

Being a health and nutrition correspondent means that companies frequently send me their products, and ask for my stamp of approval. Most of the time I dive into research, give the product a try, and send the company honest feedback about what they'll need to change before I'll recommend it. Plus my hectic job and my determination to stay fit means I'm always hunting for a quick and nutritious way to fill up on nutrients my body needs. So I can confidently say, "I've tried it all".

Last Tuesday work was especially hectic, but I'd booked with my \$200 an hour personal trainer, Tony, a triathlon winning, organic-to-the-bone fitness guy with a ten mile long track record of whipping the "who's who" into shape in record time, so I had to go. He noticed that my set count was down and playfully asked, "Feeling a little tired today?", as he handed me a bottle from his gym bag. After one sip I figured that there was no way this could be healthy because the creamy chocolate flavor was just too delicious. *Still, he'd never risk his reputation.*

With more than a healthy dose of scepticism I decided to investigate this shake he'd called INVIGOR8.

Turns out, it's a full meal replacement shake, which stunned me because virtually every other shake I'd researched had tasted chalky, clumpy and packed with hidden "no-no's" like cheap protein, tons of artificial ingredients, not to mention harmful synthetic dyes, additives, sugars, preservatives, and hormones. And even though INVIGOR8's full meal replacement shake cost more than many of the shakes I've tried, it was about half the price of my favorite salad, and the nutrition profile looked second to none.

Wanting to know more, I reached out to a few of the people who were talking about it on trustworthy fitness forums. By the next morning three people got back to me saying,

"As a trainer I love Invigor8. It's definitely helped me to have more all-day energy, plus build the kind of lean sculpted muscle that burns more fat."

"Yes, I'll recommend it, it tastes great, and I really like how it keeps me feeling full for hours."

"I'm a marathon runner and a friend recommended it to me. Drinking it has become a part of my regular training routine, because my time has improved, my energy is up, and I'm thinking more clearly than ever before."

I decided to take my investigation one step further by researching the development of INVIGOR8. I was pleasantly surprised to find out that the company went to great lengths to keep INVIGOR8 free of harmful ingredients.

The makers of INVIGOR8 were determined to make the first **100% natural, organic, non-GMO** nutritional shake & superfood. The result is a meal replacement shake that contains **100% grass-fed whey** that has a superior nutrient profile to the grain-fed whey found in most shakes, **metabolism boosting raw organic coconut oil, hormone free colostrum** to promote a **healthy immune system, Omega 3, 6, 9-rich chia and flaxseeds**, superfood greens like kale, spinach, broccoli, alfalfa, and chlorella, and clinically tested **cognitive enhancers for improved mood and brain function**. The company even went a step further by including a balance of **pre and probiotics** for optimal **digestive health, uptake, and regularity and digestive**

**enzymes** so your body **absorbs the high-caliber nutrition** you get from INVIGOR8.

As a whole-foods nutritionist with a thriving practice I understand the importance of filling my body with the best Mother Nature has to offer. I have always been reluctant to try new products because I was never sure of the impact they would have on my energy, and weight. INVIGOR8 is different, not only because it's delicious, but because it helps me to maintain the energy I need to run my busy practice, while helping me to stay fit and toned. Considering all of the shakes I've tried, I can honestly say that the results I've experienced from INVIGOR8 are nothing short of amazing.

A company spokesperson confirmed a special offer: if you order this month, you'll receive Free Enrollment into the company's Loyalty Program where you'll qualify to receive a \$10 discount on every bottle of INVIGOR8. And so you don't go a month without INVIGOR8 - helping you lose weight and getting toned, you'll automatically receive a fresh bottle every 30-days. There are no minimum amounts of bottles to buy and you can cancel at anytime. You can order INVIGOR8 today at [www.DrinkInvigor8.com](http://www.DrinkInvigor8.com) or by calling 1-800-958-3392.

**Green Beans with  
Roasted Chestnuts**  
page 64

**Coconut Cardamom  
Sweet Potatoes**  
page 63

**Cranberry  
Sauce  
with Apples  
& Ginger**  
page 60

**Pomegranate-Glazed  
Stuffed Roast Turkey**  
page 64

**Mushroom &  
Leek Stuffing**  
page 61

**Spiced Pumpkin Mousse**  
page 66



# YOUR THANKSGIVING TO NEW YEAR'S FEAST

Our ultimate guide to the festivities will help you get good, wholesome favorites on the table and leave your family wondering how you do it so easily while keeping to tradition!

BY JULIE O'HARA, FOOD PHOTOGRAPHY BY YVONNE DUIVENVOORDEN

'Tis the season for family gatherings, delicious food and drink – and for many of us, some serious overindulging. We're all in favor of enjoying the holidays to the max, but in order to do it right, we've created this lavish, *Clean Eating*–approved menu so you'll feel good about every bite. Of course, we cover the old favorites, but we also manage to add a few new twists, such as a tangy pomegranate glaze for the turkey, apples and ginger to punch up the cranberry sauce, roasted chestnuts to toss with your crisp green beans, and

more. And just in case you and your dinner guests still have room (who doesn't on Thanksgiving, really?), there's also a creamy seasonal dessert to top it all off. Plus, we've simplified your planning by offering time-saving tips for each recipe and a day-by-day game plan so you can get started on the dinner preparations up to five days in advance and be ready to socialize once the doorbell rings on the big day. Our complete holiday meal will feed everyone's health and soul. Now that's truly something to be grateful for.

## Your Holiday Meal Game Plan

Use our handy checklist during the days leading up to the big event to make your Turkey Day meal a no-stress affair.

### THREE TO FIVE DAYS BEFORE

- ☐ Prepare Cranberry Sauce with Apples & Ginger.

### TWO DAYS BEFORE

- ☐ Prepare Mushroom & Leek Stuffing through **Step One**.
- ☐ Prepare Green Beans with Roasted Chestnuts through **Step One**.
- ☐ Prepare Coconut Cardamom Sweet Potatoes through **Step Two**.

### THE DAY BEFORE

- ☐ Prepare Pomegranate Glaze.
- ☐ Prepare turkey through **Step Two**.
- ☐ Prepare Spiced Pumpkin Mousse through **Step Two**.

### THE SAME DAY

- ☐ Finish pumpkin mousse up to 5 hours before serving.
- ☐ Bring stuffing ingredients and turkey to room temperature.
- ☐ Complete stuffing.
- ☐ Finish turkey prep and proceed with recipe. Reheat glaze, and use as directed in recipe.
- ☐ Bake Coconut-Cardamom Sweet Potatoes.
- ☐ Bring Cranberry Sauce with Apples & Ginger to room temperature.
- ☐ Bring green beans to room temperature.
- ☐ Complete Green Beans with Roasted Chestnuts.



## recipes

### CRANBERRY SAUCE

*with Apples & Ginger*

**SERVES** 8 TO 10.

**HANDS-ON TIME:** 20 MINUTES.

**TOTAL TIME:** 20 MINUTES  
(PLUS CHILLING TIME).

The short harvest season for cranberries coincides perfectly with the Thanksgiving feast – and we wouldn't have it any other way! Whether you use the fresh or frozen type, these berries break down as they cook, while the apples stay slightly firm, creating a pleasing variety of textures and tastes in our revamped cranberry sauce. Plus, the slight spiciness of fresh ginger gives this not-too-sweet condiment a pleasant kick.

#### INGREDIENTS:

- 12 oz cranberries, fresh or frozen and thawed
- 1 apple, cored and chopped into ½-inch pieces
- ½ cup raw honey
- 1½ tbsp peeled and minced ginger
- Zest and juice of ½ lemon
- ⅛ tsp sea salt

#### INSTRUCTIONS:

To a large saucepan on medium-high, add all ingredients and ½ cup water; bring to a boil. Reduce heat to medium-low and cook for 8 to 10 minutes, or until cranberries break down, apples soften and mixture thickens (sauce will continue to thicken slightly as it chills). Stir often to prevent sticking on bottom of pan. Transfer to a serving dish or storage container, cover and chill for at least 3 hours.

#### NUTRIENTS PER SERVING (3 TBSP):

**CALORIES:** 84, **TOTAL FAT:** 0 g, **SAT.**

**FAT:** 0 g, **CARBS:** 21 g, **FIBER:** 2 g,

**SUGARS:** 18 g, **PROTEIN:** 0 g,

**SODIUM:** 24 mg, **CHOLESTEROL:** 0 mg



#### TIME-SAVING TIP:

Cranberry sauce keeps up to 5 days, covered, in the refrigerator. Bring to room temperature to serve.

### SUPER-FAST GRAVY

Here's how you can have delicious homemade flavor without having to toil from scratch. Just consider it a little secret between you and your grocer!

Simply purchase a box of all-natural heat-and-serve turkey gravy (CE suggests Pacific Foods Organic Turkey Gravy). To add homemade flavor, heat 1 tsp extra-virgin olive oil in a small saucepan over medium heat and add ¾ cup finely chopped portobello mushrooms and 2 minced garlic cloves. Cook until tender, 3 minutes. Add gravy, bring to a simmer and stir in 1 tbsp chopped fresh herbs of your choice. If you prefer a smooth texture, transfer gravy to a blender and purée. Reheat before serving.



## MUSHROOM & LEEK STUFFING

**MAKES** 12 CUPS (ENOUGH FOR A 14- TO 16-LB TURKEY).

**HANDS-ON TIME:** 40 MINUTES.

**TOTAL TIME:** 40 MINUTES.

For Thanksgiving traditionalists, skipping stuffing is out of the question, so we upped the nutrition content with whole-wheat sourdough bread and meaty portobello mushrooms. Look for whole-wheat sourdough at your local bakery. But don't stress if you can't track it down; regular whole-wheat bread works too.

### INGREDIENTS:

- 1 tbsp olive oil, divided
- 1 lb portobello mushrooms, cut into ½-inch pieces (about 4 cups)
- 1 cup carrots, finely chopped
- 1 cup celery, finely chopped
- 1 large leek, trimmed, halved lengthwise and chopped
- 1 24-oz loaf whole-wheat sourdough bread or regular whole-wheat bread, crusts removed and cut into ¾-inch cubes
- ½ cup low-sodium chicken broth
- 1½ tsp dried thyme
- 1 tsp each dried rosemary, chile powder, onion powder and ground black pepper
- ½ tsp sea salt

### INSTRUCTIONS:

**ONE:** In a large skillet on medium, heat ½ tsp oil. Add mushrooms and cook, stirring often, until tender and lightly browned, 8 to 10 minutes.

Add mushrooms to an extra-large bowl. Wipe out skillet with paper towel and heat remaining ½ tsp oil on medium-high. Add carrots, celery and leek. Cook until vegetables are tender and lightly browned, 8 to 10 minutes. Add to bowl with mushrooms.

**TWO:** Preheat oven to 350°F. Spread bread cubes out in a single layer on 2 rimmed baking sheets. Bake for 10 minutes or until lightly toasted, tossing halfway through. Let cool completely. Transfer to bowl with vegetables.

**THREE:** Add remaining ingredients to bowl and stir gently to combine. Bread should be moist, not dry or soggy, and mixture should be completely cooled before stuffing turkey.

### NUTRIENTS PER SERVING

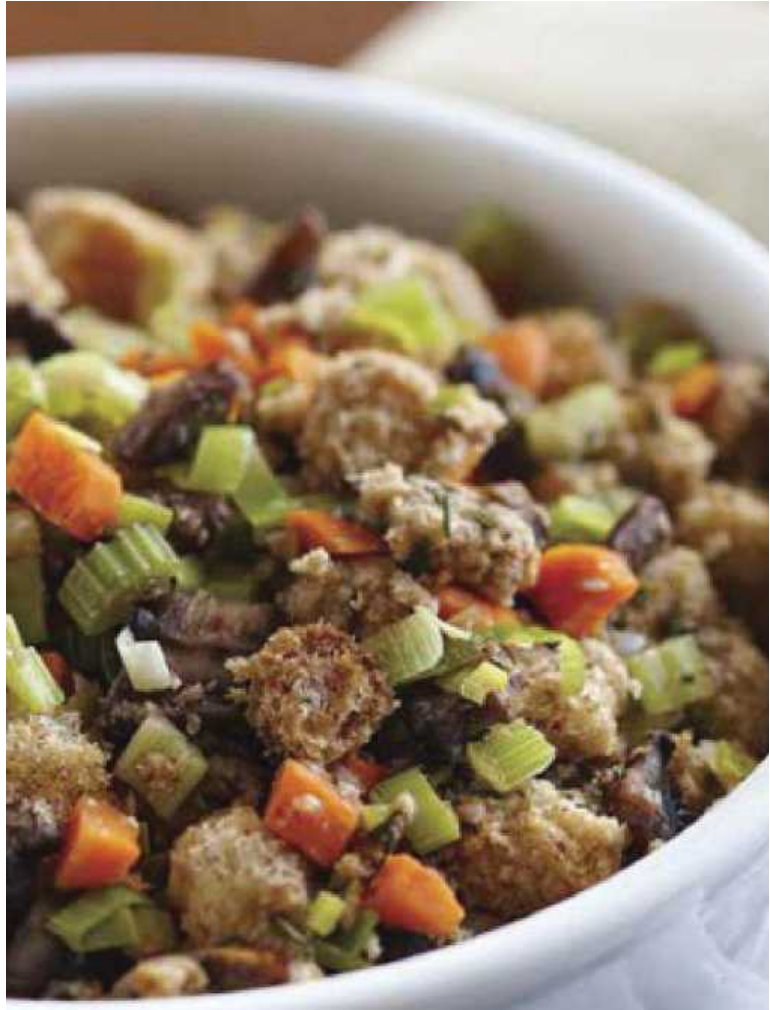
(½ CUP): **CALORIES:** 150, **TOTAL FAT:** 3 g, **SAT. FAT:** 0 g, **CARBS:** 28 g, **FIBER:** 5 g, **SUGARS:** 5 g, **PROTEIN:** 6 g, **SODIUM:** 360 mg, **CHOLESTEROL:** 0 mg

### ⌚ TIME-SAVING TIP:

Stuffing may be prepared up to 2 days in advance through Step One. Cool mixture, cover and refrigerate. Bring to room temperature and complete recipe just before stuffing turkey.

### WASTE NOT, WANT NOT:

Don't throw your bread crusts away; turn them into fresh bread crumbs by blitzing them in a food processor. Store your homemade crumbs in an airtight container in the fridge for 5 days or freeze for 2 months. Use them to coat vegetables or fish or in meatballs and meatloaf.



***Mighty Mushrooms:** The ample amount of mushrooms in this stuffing packs a big, meaty flavor punch. The tasty fungi also happen to be high in riboflavin, a B vitamin that maintains healthy blood cells. In addition, 1 portobello contains more potassium than a banana!*

**OPTION:** If you'd rather not stuff the turkey, you can bake the stuffing separately: When the turkey finishes cooking, raise oven temperature to 400°F. Mist a large (about 9 x 13-inch) baking dish with cooking spray and add stuffing. Cover tightly with foil and bake for 20 minutes. Then remove foil and bake for 10 to 15 minutes more, or until lightly browned.



**Supreme Beans:** *Green beans, a relative of kidney and black beans, are nutrient-dense yet low in calories. You'll get 25% of your daily value (DV) of vitamin K, 20% of your vitamin C needs, 16% of your fiber and 16% of the vitamin A you need in a 1-cup serving. These beans also supply half your daily need of iron, which helps carry oxygen from your lungs.*

**Green Beans with  
Roasted Chestnuts**  
page 64



## COCONUT CARDAMOM SWEET POTATOES

**SERVES 10. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 1 HOUR, 10 MINUTES.**

Your holiday table will seem incomplete without a creamy sweet potato casserole. We put a new spin on the eye-catching orange-hued spuds with coconut milk and the sweet, spicy flavors of vanilla, cardamom and cayenne. Finish it off with chopped pecans and you have a delightfully crunchy topping.

### INGREDIENTS:

- 5 sweet potatoes (3½ to 4 lbs), peeled and cut into ¾-inch pieces
- ¾ cup coconut milk
- 2 tsp ground cardamom
- 1 tsp pure vanilla extract
- ½ tsp sea salt
- ⅛ tsp each ground black pepper and cayenne pepper
- ½ cup unsalted pecans, chopped

***Beta-carotene Boost:** Thanks to the sweet potatoes, one helping of this creamy side provides over 200% of your daily need for vitamin A. Consuming vitamin A in its beta-carotene form promotes strong bones and healthy, glowing skin. A single serving of this naturally sweet casserole also takes care of 10% of your daily fiber needs along with healthy doses of zinc and manganese.*

### INSTRUCTIONS:


**ONE:** Preheat oven to 325°F. Bring a large pot of water to a boil. Add sweet potatoes, return to boiling and cook until soft, about 10 minutes. Drain and return potatoes to pot.

**TWO:** Add coconut milk, cardamom, vanilla, salt, black pepper and cayenne to potatoes. Mash with a potato masher until no lumps remain. Transfer to a 9 x 9-inch baking dish. Sprinkle pecans evenly over sweet potato mixture.

**THREE:** Bake 45 to 50 minutes, or until edges are slightly browned. Cool on a rack for 10 minutes before serving.

### NUTRIENTS PER SERVING (½ CUP):

**CALORIES:** 100, **TOTAL FAT:** 3.5 g, **SAT. FAT:** 1 g,  
**CARBS:** 15 g, **FIBER:** 2 g, **SUGARS:** 5 g,  
**PROTEIN:** 2 g, **SODIUM:** 120 mg,  
**CHOLESTEROL:** 0 mg

 **TIME-SAVING TIP:** Sweet potatoes may be prepared through Step Two up to 2 days ahead of time. Cover and refrigerate. To heat, transfer directly from refrigerator to oven and add 10 minutes to baking time. And because the turkey also cooks at 325°F, you can slide your potatoes into the oven while the turkey is roasting!

## GREEN BEANS with Roasted Chestnuts

**SERVES** 10.

**HANDS-ON TIME:** 20 MINUTES.

**TOTAL TIME:** 30 MINUTES.

A light lemon-garlic sauce made with chicken broth adds savory flavor to the mild chestnuts and tender-crisp green beans, making for an elegant side dish. If thin, French-style beans are unavailable, feel free to use the regular variety. Look for roasted and peeled chestnuts in cans or vacuum-packed packages (no draining required).

### INGREDIENTS:


- 1½ lbs French green beans
- 1 tbsp olive oil
- 2 large shallots, thinly sliced (about ½ cup)
- 1½ cups canned or jarred vacuum-packed roasted and peeled chestnuts, sliced
- 4 cloves garlic, minced
- ½ cup low-sodium chicken broth
- Juice of ½ lemon
- ¼ tsp each sea salt and ground black pepper

### INSTRUCTIONS:

**ONE:** Bring a large pot of water to a boil on high. Fill a bowl with ice water. Add beans to pot and boil for 3 to 4 minutes or until tender-crisp. Drain and immediately transfer beans to ice water for 2 minutes. Drain and set aside.

**TWO:** Heat oil in a large skillet on medium-low. Add shallots and cook for 3 minutes, stirring often. Add chestnuts and garlic and cook for 1 minute. Add broth, bring to a simmer and cook until reduced by half, stirring occasionally.

**THREE:** Add beans to shallot mixture and toss well until heated through, about 2 minutes. Add lemon juice, salt and pepper and remove from heat. Serve hot.

 **TIME-SAVING TIP:** Green beans may be blanched (Step One) up to 2 days in advance. After draining ice water, transfer beans to a zip-top bag along with a paper towel to absorb any

moisture and refrigerate. Bring beans to room temperature before tossing with shallot mixture.

### NUTRIENTS PER SERVING

(¾-CUP LOOSELY PACKED):

**CALORIES:** 170, **TOTAL FAT:** 2 g, **SAT. FAT:** 0 g, **CARBS:** 33 g, **FIBER:** 6 g, **SUGARS:** 2 g, **PROTEIN:** 7 g, **SODIUM:** 55 mg, **CHOLESTEROL:** 0 mg

## POMEGRANATE-GLAZED STUFFED ROAST TURKEY

**SERVES** 14.

**HANDS-ON TIME:** 30 MINUTES.

**TOTAL TIME:** 4 TO 4½ HOURS

(INCLUDES ROASTING).

Preparing a Thanksgiving turkey can be overwhelming for some, but we've broken it down into easy, manageable steps for a stress-free holiday. Here are a few more helpful hints for mastering the main event: To avoid overcooking, check your turkey early and often and test doneness with a meat thermometer, if possible. And to avoid unnecessary mess (or dropping the main course!), many turkeys are sold with a string for lifting the finished bird out of the pan.

### INGREDIENTS:

#### TURKEY

- 2 tbsp fresh rosemary, chopped
- Zest of 1 lemon
- 1 tsp ground black pepper
- ¾ tsp sea salt
- 1 14- to 16-lb turkey, defrosted and brought to room temperature
- ½ cup low-sodium chicken broth
- 1 recipe Mushroom & Leek Stuffing (see p. 61), at room temperature

### POMEGRANATE GLAZE

- 1½ cups 100% pomegranate juice
- ½ cup low-sodium chicken broth
- ¼ cup no-sugar-added strawberry jam
- 2 tbsp raw honey

### INSTRUCTIONS:

#### TURKEY

**ONE:** Preheat oven to 325°F. In a small bowl, stir together rosemary, lemon zest, pepper and salt. Set aside.

**TWO:** Prep turkey: Remove and discard neck and giblets. Rinse turkey and pat dry. Place turkey breast side up in a large roasting pan fitted with a rack. Gently lift skin covering each breast and rub half of rosemary mixture under skin with your fingers. Rub remaining rosemary mixture over turkey's skin and mist lightly with cooking spray.

**THREE:** Fill neck cavity with Mushroom & Leek Stuffing (see recipe, p. 61). Do not over-pack, as stuffing expands during cooking. Pull neck skin down over cavity opening. Firmly turn wings back to hold neck skin in place and stabilize turkey in roasting pan. If necessary, cover neck skin with foil to prevent stuffing from spilling out. Lastly, fill body cavity with stuffing and cover opening with foil.


**FOUR:** Transfer turkey to oven and roast for a total time of 3½ to 4½ hours. While turkey roasts, make pomegranate glaze. After 2 hours of cooking, loosely cover turkey with foil to prevent over-browning. When turkey is 20 to 30 minutes from being done (meat temperature registers about 160°F), uncover and baste with half of glaze. The turkey is done when juices run clear and a meat thermometer registers 165°F when inserted into the deepest part of the thigh and 165°F when inserted into the center of stuffing in the body cavity.

**FIVE:** Remove turkey from oven and let rest for 20 minutes. Add ¼ cup broth to remaining glaze and reheat on low until hot but not bubbling. Spoon stuffing out of neck and body cavity and transfer to a serving bowl. Carve turkey and drizzle each serving with 2 tsp glaze.

### POMEGRANATE GLAZE

In a small saucepan, combine pomegranate juice, ½ cup broth, jam and honey. Bring to a simmer over medium-high heat. Reduce heat to medium-low and simmer until mixture reduces by half, 10 to 15 minutes. Remove from heat and let rest at room temperature for 20 minutes to allow glaze to thicken.



 **TIME-SAVING TIP:** Glaze may be made 1 day ahead. Cover and refrigerate. Before basting turkey, reheat glaze in a small saucepan on low heat until it reaches a slightly thick but still pourable consistency.

 **TIME-SAVING TIP:** Complete your turkey prep through Step Two up to 1 day ahead of your Thanksgiving dinner. Cover and refrigerate turkey. Complete stuffing and stuff turkey just before roasting to prevent bacteria growth.

**NUTRIENTS PER SERVING** (4 OZ SKINLESS WHITE MEAT, ½ CUP STUFFING, 2 TSP GLAZE): **CALORIES:** 320, **TOTAL FAT:** 4 g, **SAT. FAT:** 2 g, **CARBS:** 36 g, **FIBER:** 5 g, **SUGARS:** 10 g, **PROTEIN:** 25 g, **SODIUM:** 530 mg, **CHOLESTEROL:** 60 mg

***A Noble Red:** Did you know that, ounce for ounce, pomegranate juice has 17% more polyphenols than red wine? These powerful antioxidants scavenge for cell-damaging free radicals, which may help slow or reduce the risk of assorted diseases.*








## SPICED PUMPKIN MOUSSE

**SERVES 10. HANDS-ON TIME: 20 MINUTES.**  
**TOTAL TIME: 2 HOURS, 20 MINUTES (INCLUDES CHILLING).**

The secret to rich desserts without the calories? Silken tofu. Unlike the firm tofu used in stir-fries, this softer type can be blended to a smooth, thick consistency – perfect for creamy desserts. Lightly sweetened with pure maple syrup and your favorite pumpkin pie spices, our mousse is so rich and delicious your family will never be able to guess the secret ingredient.

 **TIME-SAVING TIP:** You may prepare pumpkin mousse through Step Two up to 1 day ahead. Put mousse in glasses and top with yogurt and chocolate up to 5 hours before serving.

### INGREDIENTS:


- 2 15-oz cans BPA-free unsweetened pumpkin purée
- 1 1-lb pkg organic silken tofu, drained well
- ½ cup pure maple syrup
- 1½ tsp ground cinnamon
- ¾ tsp ground ginger
- ¼ tsp each ground nutmeg, ground cloves and sea salt
- ½ cup plain Greek yogurt
- 1 oz dark chocolate, cut into thin shards (about ¼ cup)

### INSTRUCTIONS:

**ONE:** In a food processor, combine pumpkin and tofu. Process until smooth, about 30 seconds. Add maple syrup, cinnamon, ginger, nutmeg, cloves and salt. Process until combined, about 30 seconds more.

**TWO:** Transfer mousse to a resealable container, cover and refrigerate for at least 4 hours.

**THREE:** Drain any water that has accumulated from mousse. Give it a quick stir and scoop ½ cup mousse into each of 10 small glasses or ramekins. (You may have some mousse left over.) Top each serving with yogurt and chocolate. Keep refrigerated until ready to serve.

**NUTRIENTS PER SERVING** (½ CUP MOUSSE, 2 TSP YOGURT, 1 TSP CHOCOLATE): **CALORIES: 130, TOTAL FAT: 3.5 g, SAT. FAT: 1.5 g, CARBS: 22 g, FIBER: 4 g, SUGARS: 14 g, PROTEIN: 4 g, SODIUM: 60 mg, CHOLESTEROL: 0 mg** 

***Sweet Ending:** While most desserts are loaded with calories, this cool, luscious mousse has only 130, so you can partake without abandoning your clean-eating ways. This dish will also supply 35% of your daily requirement for manganese and 15% of fiber. Now that's a healthy indulgence!*





**MISSION 1**  
CLEAN PROTEIN BAR



**NEW!**



— ABSOLUTE BEST-TASTING —  
**CLEAN**  
**PROTEIN BAR EVER!**

You're on a mission to be the best. Whether your mission is to get more fit, score more goals, or to just get more done, **MISSION 1**™ Clean Protein Bars from MuscleTech® are designed to get you there using premium nutrition with a delicious, gourmet taste that's better than any other protein bar available. Made with only the highest quality ingredients, they're big on flavor and deliver everything athletes want in a high-performance bar. We put in our best, so you can be your best.

Get the ultimate in taste and performance with **MISSION 1**™ — clean, premium nutrition to help you achieve all of life's daily missions!



Tell us what missions inspire you to reach for the top.

[#mission1bar](#) [mission1bar](#) [mission1bar.com](#)



\*MuscleTech® is America's #1 Selling Bodybuilding Supplement Brand based on cumulative wholesale dollar sales 2001 to present.  
Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2015

# Season's EATINGS

Bid farewell to long lineups and frustrating mall parking lots. Save money and time and eliminate shopping stress this holiday season by preparing homemade goodies for loved ones right in your own kitchen. Checking off your gift list has never been so easy!

BY NICOLE YOUNG, PHOTOGRAPHY BY EDWARD POND

Nothing is better to give or receive at this time of year than homemade gifts, especially the edible kind, lovingly prepared and wrapped. In the true spirit of the holidays, these gorgeous offerings are not only an expression of your creativity but also a reflection of how much you care.

For starters, we've updated a holiday classic, the fruitcake, into a modern, heart-healthy version perfect for gifting. You can also whip up and freeze some of our Cardamom Spice Cookie dough and prepare a batch of our minty hot chocolate mix to have on hand for when last-minute guests drop in. Canning our clementine and pomegranate marmalade in late fall will leave you with jars of festive preserves to carry you through the season until the end-of-year ball drops. And, finally, our Sweet & Sour Chocolate Bark is so quick and simple, you can make it, chill it and set it in the final hour before your big family get-together.

Happy Holidays from the *Clean Eating* kitchen to yours!

## Sweet & Sour Chocolate Bark

**SERVES 16. HANDS-ON TIME: 5 MINUTES. TOTAL TIME: 45 MINUTES.**

This simple dark-chocolate confection is studded with tart cherries, crunchy almonds and bits of ginger for a touch of heat. Serve as a light dessert or midday treat.

### INGREDIENTS:

- **12 oz dark chocolate (70% cocoa or greater), chopped**
- **1 cup unsalted raw almond pieces, toasted**
- **1 cup unsweetened dried sour cherries**
- **¼ cup homemade crystallized ginger, chopped (see p. 72)**
- **Pinch coarse sea salt**

### INSTRUCTIONS:

**ONE:** Line a rimmed baking sheet with foil. Set aside.

**TWO:** In a medium bowl set over a saucepan of simmering water, melt chocolate, stirring frequently, until smooth and melted, about 5 minutes. Pour melted chocolate onto prepared

baking sheet, spreading with an offset spatula to about ¼-inch thickness. Sprinkle evenly with almonds, cherries, ginger and salt. Chill until chocolate is firm, about 30 minutes. Peel off foil and break chocolate into pieces. Store in refrigerator in an airtight container for up to 1 month. Best served slightly chilled.

### NUTRIENTS PER SERVING (1 OZ):

**CALORIES:** 190, **TOTAL FAT:** 10 g, **SAT. FAT:** 4.5 g, **CARBS:** 25 g, **FIBER:** 5 g, **SUGARS:** 12 g, **PROTEIN:** 2 g, **SODIUM** 12 mg, **CHOLESTEROL:** 0 mg

**A Square a Day:** By now you've surely heard that countless studies have found dark chocolate to be a potent antioxidant that when eaten in moderation (about 1 oz per day) helps fight damaging free radicals, which can ward off signs of aging.





**GIFT GIVING:** Arrange small paper candy liners or parchment paper in a shallow decorative box. Place a piece of bark in each cup or layer over parchment. Cover box and tie with ribbon.

## Candy Cane Hot Chocolate Mix

**MAKES** 3½ CUPS MIX.

**HANDS-ON TIME:** 5 MINUTES.

**TOTAL TIME:** 5 MINUTES.

Instead of adding chunks of sugar-filled candy cane, this classic has been given a healthy twist with no compromise to taste. Look for high-quality organic peppermint loose-leaf tea to ensure you get the most authentic flavor with some additional antioxidant benefits to boot. Hint: Our mix makes perfect stocking stuffers for pennies a bag!

### INGREDIENTS:

- 2 cups milk powder
- ½ cup Sucanat
- ½ cup unsweetened cocoa powder
- 2 tbsp peppermint tea leaves, crumbled
- 1 cup dark chocolate (70% cocoa or greater), chopped
- Cinnamon sticks, for garnish, optional

### INSTRUCTIONS:

In a bowl, stir together milk powder, Sucanat, cocoa powder, tea leaves and dark chocolate. Spoon into an airtight container, seal and store at room temperature for up to 1 month.

**TO BREW:** Stir ¼ cup hot chocolate mix into 1 cup very hot milk until mix is dissolved and well blended. Garnish with cinnamon stick (if using).

### NUTRIENTS PER SERVING (¼ CUP MIX):

**CALORIES:** 170, **TOTAL FAT:** 5 g, **SAT. FAT:** 3.5 g, **CARBS:** 28 g, **FIBER:** 2 g, **SUGARS:** 20 g, **PROTEIN:** 7 g, **SODIUM:** 380 mg, **CHOLESTEROL:** 0 mg

### *Ditch the White Sugar:*

Sweetening this family favorite with natural ingredients, such as Sucanat, instead of traditional white sugar allows this holiday hit to become a lower-glycemic treat.



**GIFT GIVING:** Spoon this mix into decorative holiday tins or small cellophane bags that can be found at discount stores. Attach a tag with serving instructions and some fresh peppermint tied with ribbon or raffia.





### *Slice & Bake Cardamom Spice Cookies*

Store this Cardamom Spice Cookie dough in the refrigerator for up to 5 days or in the freezer for up to 1 month. To Bake (from fridge): Cut dough into 1/2-inch slices; set them 1 inch apart on cookie sheets lined with parchment. Bake 2 sheets at a time until cookies are light golden on bottoms and fragrant edges, about 10 minutes, rotating and switching sheets halfway through. For frozen dough, bake for 12 minutes.



**GIFT GIVING:** Wrap these slice-and-bake dough logs in parchment, cellophane and decorative paper, tying the ends with ribbon or raffia. Attach a tag with storage information and baking instructions.

### *Super Spelt:*

Sweet and nutty spelt flour is often a good choice for those with wheat intolerances or allergies, as its protein is easier to digest than that in the whole-wheat variety.

## *Slice & Bake Cardamom Spice Cookies*

(see recipe, p. 73)



**GIFT GIVING:** This recipe can also be made in mini loaf pans (makes 8 loaves) lined with parchment paper for individual fruitcakes. Divide dough evenly among pans and bake as directed, reducing baking time by 1 hour. Using parchment means you won't need to grease the pans with oil, plus the fruitcakes will already be partially wrapped!

### ***Make Your Own Crystallized Ginger:***

Peel and slice a 3-inch piece of fresh ginger into ¼-inch-thick pieces. Place ½ cup organic evaporated cane juice with ½ cup water in a small saucepan and bring to a boil on medium-high, stirring until dissolved. Add ginger pieces and reduce heat to maintain a simmer, about medium-low; cook, stirring often, until most of the syrup has been absorbed and ginger is very tender, about 20 to 25 minutes. Using tongs, transfer ginger pieces to a cooling rack and let cool completely.



## Cranberry, Apricot & Walnut Fruitcake

**MAKES** 2 CAKES.

**HANDS-ON TIME:** 45 MINUTES.

**TOTAL TIME:** 3 HOURS, 15 MINUTES  
(PLUS 1 DAY MARINATING TIME).

This isn't your grandmother's fruitcake! By replacing the usual candied fruit with nutrient-dense dried cranberries and apricots, we've reduced the sugar in this often-regifted gift.

### INGREDIENTS:

- 2 cups unsweetened dried cranberries
- 3 cups unsweetened dried apricots, chopped
- 1 cup homemade crystallized ginger, chopped (see recipe, p. 72)
- 1 cup no-sugar-added organic apricot nectar, divided
- 2 cups whole-wheat flour, divided
- 2 tsp baking powder
- 1 tbsp lemon zest
- 1 tsp ground cinnamon
- ½ tsp each allspice and sea salt
- ½ cup olive oil
- ½ cup powdered stevia
- 1 egg, plus 2 egg whites
- 2 tsp pure vanilla extract
- 2 cups unsalted walnuts, toasted and chopped

### INSTRUCTIONS:

**ONE:** In a large bowl, combine cranberries, apricots, ginger and ½ cup nectar. Let stand for 1 day, stirring occasionally (this step will produce a more flavorful cake).

**TWO:** Line 2 8 x 4-inch loaf pans with parchment.

**THREE:** Preheat oven to 250°F. Sprinkle ½ cup flour into dried-fruit mixture; stir just to combine. Set aside.

**FOUR:** In another bowl, whisk together remaining 1½ cups flour, baking powder, lemon zest, cinnamon, allspice and salt. In a separate bowl, beat oil with stevia until well combined. Beat in egg, egg whites and vanilla. Stir in flour-lemon zest

mixture until just incorporated, followed by dried-fruit mixture and walnuts. Scrape into prepared pans, smoothing tops. Cover each pan with foil.

**FIVE:** Set a separate large shallow pan on bottom rack of oven; pour in enough water to come halfway up sides (this will produce extra moisture for cakes). Then place cake pans in center of oven and bake until a toothpick inserted in centers comes out clean, 2¼ to 2½ hours. Let cool on racks in pans.

**SIX:** Meanwhile, in a small saucepan, bring remaining ½ cup apricot nectar to a boil. Cook until reduced by half, about 15 minutes; spoon over hot loaves. Let cakes cool completely before removing from pans. Wrap with plastic wrap and refrigerate until ready to serve. Will keep for up to 1 week in the fridge and up to 3 months in the freezer. Serve chilled or at room temperature.

**NUTRIENTS PER SERVING** (1.2 OZ): **CALORIES:** 150, **TOTAL FAT:** 6 g, **SAT. FAT:** 0.5 g, **CARBS:** 24 g, **FIBER:** 3 g, **SUGARS:** 12 g, **PROTEIN:** 2 g, **SODIUM:** 25 mg, **CHOLESTEROL:** 5 mg

## Slice & Bake Cardamom Spice Cookies

**MAKES** 48 COOKIES.

**HANDS-ON TIME:** 15 MINUTES.

**TOTAL TIME:** 1 HOUR, 25 MINUTES  
(INCLUDES CHILLING TIME).

This dough is simple to prepare, and gifting it rolled in parchment (with baking directions) and frozen provides your recipient with ready-to-bake cookies whenever he or she craves them.

### INGREDIENTS:

- 2 cups almond meal or flour
- 2 cups spelt flour
- 2 tsp ground ginger
- 1 tsp baking powder
- 1 tsp ground cinnamon
- ½ tsp each ground cardamom and allspice
- ¼ tsp sea salt

- ½ cup powdered stevia
- ½ cup olive oil
- 1 egg, plus 1 egg white
- 1 tbsp orange zest
- 1 tsp pure vanilla extract

### INSTRUCTIONS:

**ONE:** In a medium bowl, whisk to combine almond meal, spelt flour, ginger, baking powder, cinnamon, cardamom, allspice and salt; set aside. With a hand mixer or a stand mixer fitted with a paddle attachment, beat stevia, oil, egg, egg white, zest and vanilla on low until stevia is moistened, about 15 seconds. Increase speed to high and mix until well combined, about 15 seconds more (stevia will not be dissolved). Add dry ingredients and mix on low until dough has just pulled together, about 30 to 60 seconds.

**TWO:** Divide dough in half. Pile 1 half onto a piece of parchment. Using parchment to help shape the dough, form dough into a log 11 inches long and 2 inches in diameter. Wrap parchment around log and twist ends to secure. Repeat with remaining dough half. Freeze until firm, about 1 hour.

**TO BAKE:** Position racks in upper and lower thirds of oven and preheat to 350°F. Line cookie sheets with parchment. Unwrap 1 log of dough at a time and cut dough into ¼-inch slices; set them 1 inch apart on prepared sheets. Bake 2 sheets at a time until cookies are light golden on bottoms and around edges, about 10 minutes, rotating and swapping position of sheets halfway. Cool completely. Keep for 1 week in an airtight container at room temperature.

**NUTRIENTS PER SERVING** (1 COOKIE): **CALORIES:** 84, **TOTAL FAT:** 5.5 g, **SAT. FAT:** 0.5 g, **CARBS:** 7 g, **FIBER:** 1 g, **SUGARS:** 0.5 g, **PROTEIN:** 2 g, **SODIUM:** 13 mg, **CHOLESTEROL:** 4 mg

**FREEZING TIP:** Unbaked logs of cookie dough may be refrigerated for up to 5 days or frozen for up to 1 month. To bake from frozen, increase the baking time by 2 minutes.

## Festive Clementine & Pomegranate Marmalade

**MAKES** 4 CUPS OR 8 ½-CUP JARS. **HANDS-ON TIME:** 30 MINUTES.  
**TOTAL TIME:** 2 HOURS, 50 MINUTES (PLUS 24 HOURS COOLING TIME).

Let family and friends know they can serve this fresh and tangy preserve with whole-grain crackers and cheese during a cocktail party, as a condiment for roasted lamb or poultry (yes, even Thanksgiving turkey!) or stirred into Greek yogurt for a sweet snack anytime.

### INGREDIENTS:

- 4 clementines, halved
- 1 lemon, halved
- 1 cinnamon stick
- 4 whole cloves
- 6 peppercorns
- 2 cups 100% pomegranate juice
- 2 cups Sucanat

### INSTRUCTIONS:

**ONE:** Squeeze out juice from clementines and lemon and strain into a pot to make about 1 cup juice. Cut an 8-inch square of cheesecloth.

Pull membrane from skins and place membranes in center of cloth with citrus seeds, cinnamon stick, cloves and peppercorns; tie to secure. Place cheesecloth pouch in pot. Add pomegranate juice and 3 cups water.

**TWO:** Cut clementine and lemon skin halves into thirds then slice thinly; add to pot. Bring to a boil, reduce heat to medium-low, cover and simmer, skimming off any foam that accumulates, until skins are very tender, about 2 hours.

**THREE:** Remove cheesecloth pouch from pot, using 2 spoons to squeeze out any juices. Discard. Measure contents of pot and either cook longer or add more water until liquid measures 4 cups.

**FOUR:** Pour in Sucanat and increase heat to bring mixture to a vigorous boil, stirring often, for about 10 minutes or until mixture is thick enough to coat the back of a spoon. Let cool 5 minutes. Skim any foam from surface. Stir to evenly distribute fruit.

**FIVE:** Ladle into ½-cup hot canning jars, leaving ¼-inch headspace. Cover with lids; screw on bands until fingertip tight. Process in boiling water bath for 10 minutes. Transfer to a cooling rack to cool for 24 hours.

### NUTRIENTS PER SERVING (2 TBSP):

**CALORIES:** 60, **TOTAL FAT:** 0 g, **SAT. FAT:** 0 g, **CARBS:** 15 g, **FIBER:** 0 g, **SUGARS:** 14 g, **PROTEIN:** 0 g, **SODIUM:** 10 mg, **CHOLESTEROL:** 0 mg

### Powerful Free-Radical Fighter:

Pomegranates contain polyphenols, tannins, ellagic acid and anthocyanins – all of which are beneficial antioxidants. Pomegranate juice contains higher levels of antioxidants than red wine, green tea and most other fruit juices.



**GIFT GIVING:** Pour this seasonal spread into ½-cup jars and decorate with ribbon or raffia. Make decorative labels indicating the recipe name, date canned and serving suggestions. ©





recipes // meal plan

# STAY LEAN & HEALTHY *This Season!*

Sure, you may indulge a little over the holidays, but our 14-day meal plan can help you stay on track!

BY HEATHER BAINBRIDGE, RD, CDN



GET MORE HEALTHY MEAL PLANS AND EASY SHOPPING LISTS ONLINE! VISIT [CLEANEATING.COM/MEAL-PLANNING](http://CLEANEATING.COM/MEAL-PLANNING)

## SHOPPING LIST: WEEK 1

NOTE: Clean Eating shopping lists include all the items you'll need to prepare 70 meals for one adult (with leftovers). At the end of Week Two, freeze any unused items for future use.

### PROTEINS & DAIRY

- ☐ 6-oz beef eye of round
- ☐ 1 pkg black bean burgers
- ☐ 1 16-oz container cottage cheese
- ☐ 1 8-oz container feta cheese
- ☐ 1 8-oz pkg pepper jack cheese
- ☐ 1 8-oz pkg mozzarella cheese
- ☐ 1 pkg string cheese
- ☐ 7 oz Swiss cheese
- ☐ 20 oz boneless, skinless chicken breasts
- ☐ 1 dozen eggs
- ☐ 1 4-oz boneless, skinless salmon fillet
- ☐ 1 5-oz boneless arctic char fillet
- ☐ 20 oz lean ground turkey (freeze 1 lb for Week 2)
- ☐ 7 oz low-sodium deli-fresh uncured sliced lean ham (freeze 4 oz for Week 2)
- ☐ 8 oz low-sodium deli-fresh sliced turkey breast (freeze 5 oz for Week 2)
- ☐ 1 5-oz BPA-free can wild albacore tuna (TRY: Wild Planet Wild Albacore Tuna, No Salt Added)
- ☐ 1½ qt whole milk (dairy or unsweetened rice, almond or soy milk)
- ☐ 1 32-oz container organic soy milk or other nondairy milk (TRY: Eden Organic Edensoy Unsweetened Soymilk)
- ☐ 2 6-oz containers plain whole-milk Greek yogurt
- ☐ 1 32-oz container plain whole-milk yogurt

**EVOO** = extra-virgin olive oil

### VEGGIES & FRUITS

- ☐ 3 apples
- ☐ ½ lb arugula
- ☐ 1 avocado
- ☐ 2 bananas
- ☐ 1 bunch fresh basil
- ☐ 2 heads broccoli
- ☐ 2½ lb carrots
- ☐ 1 head cauliflower
- ☐ 1 bunch celery
- ☐ 1 bunch fresh cilantro
- ☐ 1 head garlic
- ☐ 1 small piece fresh ginger
- ☐ 2 grapefruit
- ☐ 3 bunches seedless grapes
- ☐ 2 kiwi
- ☐ 2 lemons
- ☐ 2 large red onions
- ☐ 2 juice oranges
- ☐ 2 pears

- ☐ 1 sweet potato
- ☐ 1 10-oz bag baby spinach
- ☐ 2 pints grape tomatoes
- ☐ 3 large vine tomatoes

### WHOLE GRAINS

- ☐ 1 pkg whole-grain pita breads (freeze 1 pita for Week 2)
- ☐ 1 bag hot cereal mix (TRY: Bob's Red Mill 7 Grain Hot Cereal)
- ☐ 1 pkg muesli
- ☐ 1 pkg whole-grain English muffins (freeze 1 for Week 2)
- ☐ 1 box whole-grain linguine pasta
- ☐ 1 box brown basmati rice
- ☐ 1 pkg whole-grain rolls
- ☐ 1 box quinoa
- ☐ 1 box whole-grain crackers (TRY: Crunchmaster 7 Ancient Grains Crackers Hint of Sea Salt)

### NUTS, SEEDS & OILS

- ☐ 3 oz raw unsalted almonds
- ☐ 1 jar natural unsalted almond or peanut butter
- ☐ 1 bottle extra-virgin olive oil
- ☐ 1 bottle olive oil
- ☐ Olive oil cooking spray
- ☐ 1 4-oz bag raw unsalted walnuts

### EXTRAS

- ☐ 1 jar or frozen bag artichokes
- ☐ 1 bag dried chickpeas
- ☐ 1 bottle ground cinnamon
- ☐ 1 bottle ground cayenne pepper
- ☐ 1 bottle cumin seeds
- ☐ 1 bottle curry powder
- ☐ 1 bottle garam masala
- ☐ 1 bottle garlic powder
- ☐ 1 container hummus
- ☐ 1 box fruit & nut bars (TRY: Lärabar)

## meal plan: week 1

### MONDAY

#### BREAKFAST:

Cook ¼ cup hot cereal in ¾ cup milk; top with 1 banana, sliced, and dash cinnamon

#### SNACK:

24 almonds

#### LUNCH:

##### Veggie Mozza Burger:

1 black bean burger, cooked, ½ oz mozzarella, 1 slice vine tomato and 5 leaves spinach on 1 roll

1 carrot, cut into sticks

1 orange

6 oz Greek yogurt and cinnamon, to taste

#### SNACK:

1 string cheese

10 crackers

1 cup grapes

#### DINNER:

1 serving Indian Chicken & Vegetables with Toasted Cumin Rice (see recipe, p. 80; save leftovers)

### TUESDAY

#### BREAKFAST:

2 eggs, scrambled, and 1 oz Swiss on 1 English muffin, toasted

#### SNACK:

1 apple

#### LUNCH:

1 serving Indian Chicken & Vegetables with Toasted Cumin Rice (leftovers, p. 80) in 1 pita

1 kiwi

#### SNACK:

1 cup broccoli and ¼ cup hummus

#### DINNER:

**Garlic Salmon:** 4 oz salmon with chopped garlic and black pepper, to taste, baked

2 cups spinach sautéed in ½ tsp olive oil; top with 2 tbsp crumbled feta

1 sweet potato, baked and split open, drizzled with 1 tsp olive oil

### WEDNESDAY

#### BREAKFAST:

¾ cup cottage cheese, ¼ cup muesli, 10 grapes, halved, and 4 almonds, chopped

#### SNACK:

6 oz Greek yogurt and ½ cup frozen mixed berries, thawed

#### LUNCH:

**Tuna Roll:** 5 oz tuna, 1 stalk celery, chopped, ¼ carrot, chopped, 2 tbsp smashed avocado, 1 tbsp chopped cilantro, 1 tsp lemon juice and ½ tsp black pepper on 1 roll with ¼ cup spinach and 1 slice vine tomato

1 carrot, cut into sticks

1 apple

#### SNACK:

1 pear and 1 tbsp almond butter

#### DINNER:

1 cup tomato soup

1 serving Beef & Walnut Pesto

Pitas (see recipe, p. 80; save leftovers)

#### TOTAL NUTRIENTS:

**CALORIES:** 1,257, **FAT:** 39 g, **SAT. FAT:** 9 g, **CARBS:** 196 g, **FIBER:** 32 g, **SUGARS:** 60 g, **PROTEIN:** 95 g, **SODIUM:** 1,257 mg, **CHOLESTEROL:** 89 mg

#### TOTAL NUTRIENTS:

**CALORIES:** 1,453, **FAT:** 37 g, **SAT. FAT:** 9 g, **CARBS:** 187 g, **FIBER:** 29 g, **SUGARS:** 49 g, **PROTEIN:** 105 g, **SODIUM:** 1,681 mg, **CHOLESTEROL:** 357 mg

#### TOTAL NUTRIENTS:

**CALORIES:** 1,498, **FAT:** 45 g, **SAT. FAT:** 10 g, **CARBS:** 162 g, **FIBER:** 26 g, **SUGARS:** 76 g, **PROTEIN:** 112 g, **SODIUM:** 2,114 mg, **CHOLESTEROL:** 1,310 mg

\* **Pesto Fish:** 1 tbsp pesto (leftovers, p. 80) on 5-oz arctic char fillet, 5 grape tomatoes and 1 tsp lemon juice, baked



# SAVE TIME WITH OUR PREP-AHEAD TIPS!

Do the bulk of your prep on Sunday for the week ahead and you'll be amazed at how quickly each meal comes together! Refrigerate produce and proteins in airtight containers or resealable bags.

## WEEK 1 SUNDAY PREP:

**ALMONDS:** Portion almonds in small bags of 12 whole, 15 whole, 24 whole, 4 chopped, 6 chopped and 8 chopped (save 15 whole and 6 chopped for Week 2)

**BURGER:** Cook 1 black bean burger for Monday's lunch

**CARROTS:** Peel 4¼ carrots; slice 2 into sticks for snacks, 2 into ¼-inch-thick rounds for Indian Chicken & Vegetables and chop remaining ¼ carrot for tuna roll; store separately

**CEREAL:** Cook ¼ cup hot cereal in ¾ cup milk for Monday's breakfast

**CRACKERS:** In 3 separate bags, portion 10 crackers each (save 1 bag for Week 2)

**EGGS:** Scramble 2 eggs for Tuesday's breakfast

**FROZEN BERRIES:** Thaw ½ cup frozen mixed berries for Wednesday's snack

**INDIAN CHICKEN WITH TOASTED CUMIN RICE:** Prepare Step One; marinate overnight. Prepare rice as directed in Step Three



- ☐ 1 bottle dried oregano
- ☐ 1 tube double-concentrated unsalted tomato paste
- ☐ 1 bottle ground black pepper
- ☐ 1 bottle red pepper flakes
- ☐ 1 container vanilla whey protein powder
- ☐ 1 bottle sea salt
- ☐ 1 bottle Spanish smoked sweet paprika
- ☐ 1 box chai tea bags
- ☐ 1 jar unsalted tomato sauce
- ☐ 2 16-oz bags frozen strawberries
- ☐ 1 16-oz bag frozen mixed berries
- ☐ 2 14½-oz BPA-free cans all-natural tomato soup
- ☐ 1 bottle ground turmeric
- ☐ 1 bottle balsamic vinegar
- ☐ 1 bottle red wine vinegar

### THURSDAY

#### BREAKFAST:

**Strawberry Kiwi Smoothie:** Blend 1 cup milk, 4 strawberries, 1 kiwi, peeled, ¼ cup protein powder and ice, as desired

#### SNACK:

1 cup yogurt, ½ cup muesli and dash cinnamon

#### LUNCH:

1 serving Beef & Walnut Pesto Pitats (leftovers, p. 80)  
15 grapes

#### SNACK:

1 fruit & nut bar

#### DINNER:

**Artichoke Pasta:** 3 oz cooked linguine, 1 cup chopped artichokes, ¾ cup tomato sauce and 2 tbsp grated mozzarella

**Arugula Salad:** 2 cups arugula, 5 grape tomatoes, halved, 2 tbsp crumbled feta, 1 tbsp diced red onion, 2 tsp red wine vinegar and ½ tsp EVOO

#### TOTAL NUTRIENTS:

**CALORIES:** 1,685, **FAT:** 40 g, **SAT. FAT:** 15 g,  
**CARBS:** 243 g, **FIBER:** 32 g, **SUGARS:** 86 g,  
**PROTEIN:** 99 g, **SODIUM:** 1,070 mg,  
**CHOLESTEROL:** 83 mg

### FRIDAY

#### BREAKFAST:

**Warm Berry Cereal:** Cook ¼ cup hot cereal in ¾ cup milk with 1 cup strawberries, 8 almonds, chopped, and dash cinnamon

#### SNACK:

1 egg, hard-boiled  
1 orange

#### LUNCH:

**Pepper Jack Pita:** 3 oz deli turkey, 1 oz pepper jack cheese, ½ peeled and cored avocado, sliced, 1 slice red onion and 5 leaves spinach in 1 pita 10 crackers, 1 cup grape tomatoes and 2 tbsp hummus

#### SNACK:

1 apple, 1 oz Swiss cheese

#### DINNER:

4 oz chicken and 1 tbsp lemon juice, baked  
2 cups cooked chickpeas with dried oregano and black pepper, to taste (eat ½, save leftovers)

**Garlic Broccoli:** 1 cup broccoli, ½ cup chopped grape tomatoes and ½ clove garlic, minced, sautéed in 1 tsp olive oil

#### TOTAL NUTRIENTS:

**CALORIES:** 1,533, **FAT:** 36 g, **SAT. FAT:** 8 g,  
**CARBS:** 210 g, **FIBER:** 46 g, **SUGARS:** 59 g,  
**PROTEIN:** 110 g, **SODIUM:** 2,147 mg,  
**CHOLESTEROL:** 125 mg

### SATURDAY

#### BREAKFAST:

**Open-Face Egg Sandwich:** 2 eggs, scrambled, 1 slice red onion, 2 tbsp diced vine tomato and 1 oz Swiss on 1 English muffin  
1 grapefruit

#### SNACK:

**Creamy Chai Tea:**  
1 cup soy milk, heated, with  
1 chai tea bag  
12 almonds

#### LUNCH:

**Italian Sandwich:** Top 1 roll with 1 oz mozzarella, 2 slices vine tomato and 3 leaves basil; toast  
1 cup tomato soup, 15 grapes

#### SNACK:

**Banana Parfait:** In a glass, layer 3 tbsp yogurt, 2 tbsp muesli and ½ banana, sliced; repeat layer twice more

#### DINNER:

*Pesto Fish\**

**Side Salad:** 2 cups arugula, 5 grape tomatoes, 2 tbsp feta, 1 tbsp diced red onion, 2 tsp red wine vinegar and ½ tsp EVOO; ¾ cup quinoa

#### TOTAL NUTRIENTS:

**CALORIES:** 1,730, **FAT:** 54 g, **SAT. FAT:** 11 g,  
**CARBS:** 228 g, **FIBER:** 28 g, **SUGARS:** 73 g,  
**PROTEIN:** 105 g, **SODIUM:** 1,664 mg,  
**CHOLESTEROL:** 99 mg

### SUNDAY

#### BREAKFAST:

**Spinach Omelette:** Whisk 2 eggs, dash cayenne and cumin and splash milk; add ½ cup spinach. Mist a non-stick skillet with cooking spray. Heat on medium, add mixture; cook until set. Add 2 tbsp grated pepper jack and 2 tsp chopped cilantro. Cook 2 minutes. Fold and cook through ½ pita, toasted, 1 grapefruit

#### SNACK:

**Creamy Chai Tea:**  
1 cup soy milk, heated, with  
1 chai tea bag  
1 fruit & nut bar

#### LUNCH:

**Ham & Pear Salad:** Top 3 cups arugula with 1 pear, thinly sliced, 3 oz ham, chopped, 2 tbsp crumbled feta, 6 walnuts, chopped, 2 tbsp balsamic vinegar and ½ tsp EVOO  
½ pita

#### SNACK:

1 cup broccoli and ¼ cup hummus

#### DINNER:

*Turkey Burger & Chickpea Salad\*\**

#### TOTAL NUTRIENTS:

**CALORIES:** 1,673, **FAT:** 47 g, **SAT. FAT:** 9 g,  
**CARBS:** 213 g, **FIBER:** 41 g, **SUGARS:** 45 g,  
**PROTEIN:** 118 g, **SODIUM:** 2,242 mg,  
**CHOLESTEROL:** 115 mg

\*\* *Turkey Burger & Chickpea Salad:* Form 4 oz ground turkey, 1 egg white and ½ tsp black pepper into a patty; bake and serve on 1 roll with 1 oz Swiss, 1 slice vine tomato, 1 slice red onion and 5 leaves spinach; toss 1 cup cooked chickpeas (leftovers) with ¼ cup chopped broccoli, ¼ cup chopped vine tomato, 2 tbsp chopped red onion, 2 tsp red wine vinegar and ½ tsp EVOO

## SHOPPING LIST: WEEK 2

NOTE: Clean Eating shopping lists include all the items you'll need to prepare 70 meals for one adult (with leftovers). At the end of Week Two, freeze any unused items for future use.

### PROTEINS & DAIRY

- ☐ 4-oz boneless top sirloin beef
- ☐ 1 5-oz boneless arctic char fillet
- ☐ 12 oz boneless, skinless chicken breasts
- ☐ 1 4-oz boneless lean pork chop
- ☐ 1 16-oz container ricotta cheese
- ☐ 5 oz goat cheese
- ☐ 2 6-oz containers plain whole-milk Greek yogurt
- ☐ 1 5-oz BPA-free can wild salmon (TRY: Wild Planet Pacific Sockeye Salmon)

### VEGGIES & FRUITS

- ☐ 3 apples
- ☐ 2 avocados
- ☐ 2 bananas (freeze 1)
- ☐ 1 small bunch fresh basil
- ☐ 2 beets
- ☐ ½ lb Brussels sprouts
- ☐ 2 cucumbers
- ☐ 1 grapefruit
- ☐ 3 bunches seedless grapes
- ☐ 1 bunch kale

- ☐ 2 kiwi
- ☐ 1 lemon
- ☐ 2 heads romaine lettuce
- ☐ 1 pear
- ☐ 1 large red onion
- ☐ 2 yellow onions
- ☐ 2 juice oranges
- ☐ 2 10-oz pkg cremini mushrooms
- ☐ 1 large jalapeño chile pepper
- ☐ 1 pomegranate
- ☐ 1 sweet potato
- ☐ 1 spaghetti squash
- ☐ 2 small vine tomatoes

### WHOLE GRAINS

- ☐ 1 loaf whole-grain bread (TRY: Food For Life Ezekiel 4:9 Sprouted Whole Grain Bread)
- ☐ 1 small container whole-wheat bread crumbs

- ☐ 1 pkg brown rice cakes
- ☐ 1 box whole-grain cereal (TRY: Kashi 7 Whole Grain Honey Puffs Cereal)
- ☐ 1 box wild rice

### NUTS, SEEDS & OILS

- ☐ 1 bag raw unsalted sunflower seeds

### EXTRAS

- ☐ 1 32-oz carton low-sodium chicken broth
- ☐ 1 bottle ground cardamom
- ☐ 1 pkg unsweetened dried cherries
- ☐ 1 bag black-bean chips (TRY: Beanitos Original Black Bean with Sea Salt Chips)
- ☐ 1 container hummus
- ☐ 1 jar Dijon mustard
- ☐ 1 jar all-natural prepared salsa

- ☐ 1 bottle fennel seeds
- ☐ 2 14½-oz BPA-free cans lentil vegetable soup (TRY: Amy's Organic Light in Sodium Lentil Vegetable Soup)

EVOO = extra-virgin olive oil



## meal plan: week 2

### MONDAY

#### BREAKFAST:

¼ apple, thinly sliced, and 1 tbsp almond butter on 1 English muffin

#### SNACK:

1 kiwi  
15 almonds

#### LUNCH:

**Chef's Salad Pita:**  
2 eggs, hard-boiled, 2 oz deli turkey, 1 oz ham, 1 oz Swiss, 2 leaves romaine, 2 slices vine tomato, ¼ tsp red wine vinegar and oregano, to taste, in 1 pita  
1 orange

#### SNACK:

10 slices cucumber, 10 crackers and ¼ cup hummus

#### DINNER:

1 serving Linguine with Creamy Turkey Ragu (see recipe, p. 81; save leftovers)  
**Side Salad:** 2 cups chopped romaine, ¼ cup each chopped carrot and cucumber, 2 tbsp diced red onion, 2 tbsp red wine vinegar and ½ tsp EVOO

#### TOTAL NUTRIENTS:

**CALORIES:** 1,458, **FAT:** 40 g, **SAT. FAT:** 8 g,  
**CARBS:** 192 g, **FIBER:** 31 g, **SUGARS:** 58 g,  
**PROTEIN:** 91 g, **SODIUM:** 1,900 mg,  
**CHOLESTEROL:** 98 mg

### TUESDAY

#### BREAKFAST:

1 cup cereal, ½ cup milk and 1 banana, sliced

#### SNACK:

6 oz Greek yogurt and ½ cup frozen mixed berries, thawed

#### LUNCH:

1 serving Linguine with Creamy Turkey Ragu (leftovers, p. 81)  
**Side Salad:** 2 cups chopped romaine, ¼ cup chopped carrot, 2 tbsp diced red onion, 2 tbsp red wine vinegar and ½ tsp EVOO  
1 pear

#### SNACK:

**Ricotta Parfait:** ½ cup ricotta, ½ cup strawberries, thawed, 8 walnuts, chopped, and dash cinnamon

#### DINNER:

4 oz chicken, oregano and garlic powder, to taste, baked  
2 cups Brussels sprouts and 1 tsp olive oil, roasted (eat ½, save leftovers)  
1 cup wild rice, cooked (makes 2 cups cooked, save leftovers) and 1 tsp sunflower seeds

#### TOTAL NUTRIENTS:

**CALORIES:** 1,560, **FAT:** 38 g, **SAT. FAT:** 12 g,  
**CARBS:** 189 g, **FIBER:** 31 g, **SUGARS:** 66 g,  
**PROTEIN:** 123 g, **SODIUM:** 738 mg,  
**CHOLESTEROL:** 154 mg

### WEDNESDAY

#### BREAKFAST:

**Creamy Chai Tea:** 1 cup soy milk, heated, and 1 chai tea bag  
1 fruit & nut bar

#### SNACK:

½ cup cottage cheese and 1 apple, chopped

#### LUNCH:

**Ham Sandwich:** 3 oz ham, 1 slice tomato, 1 oz mozzarella and oregano, to taste, on 2 slices bread, toasted  
6 oz Greek yogurt and ½ cup frozen mixed berries, thawed  
1 carrot, cut into sticks  
10 grapes

#### SNACK:

2 rice cakes, 2 tbsp smashed avocado and 2 slices vine tomato

#### DINNER:

4 oz pork chop and 1 tsp Dijon, broiled  
1 cup roasted Brussels sprouts (leftovers)  
1 cup cooked wild rice (leftovers) and 1 tsp sunflower seeds

#### TOTAL NUTRIENTS:

**CALORIES:** 1,556, **FAT:** 38 g, **SAT. FAT:** 10 g,  
**CARBS:** 213 g, **FIBER:** 31 g, **SUGARS:** 85 g,  
**PROTEIN:** 113 g, **SODIUM:** 2,523 mg,  
**CHOLESTEROL:** 139 mg

\* **Turkey Sandwich:** 3 oz deli turkey, 1 tbsp hummus, 1 slice tomato and 1 leaf romaine on 2 slices bread





# GET A HEAD START ON FOOD PREP FOR WEEK 2!

## WEEK 2 SUNDAY PREP:

**CARROTS:** Peel 4½ carrots; dice 3½ for the linguine and cut 1 into sticks for snacks

**CELERY:** Dice 3 stalks celery for linguine; store 1 stalk separately for salmon sandwich

**CUCUMBER:** Slice 10 rounds for snacks, plus chop ¼ cup cucumber for side salads

**EGGS:** Hard-boil 2 eggs for the Chef's Salad Pita

**GARLIC:** Mince 3 cloves garlic; store 1 clove separately for linguine and spaghetti squash

**FROZEN BERRIES:** Thaw 1 cup frozen mixed berries and ½ cup frozen strawberries

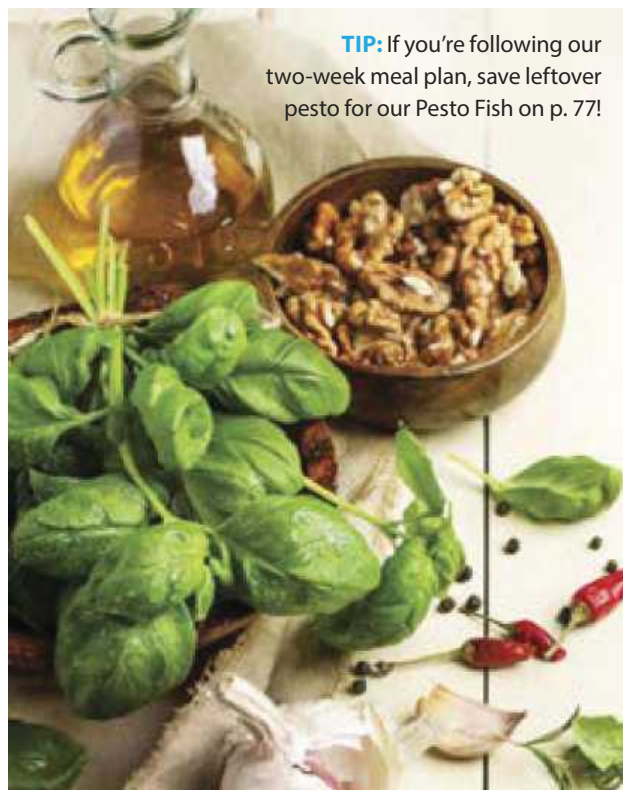
**RED ONION:** Dice 6 tbsp red onion for side salads

**YELLOW ONION:** Dice 2 yellow onions; store separately



THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST:</b> <b>Banana Nut Smoothie:</b> Blend 1 cup soy milk, ½ frozen banana, ¼ cup protein powder, 2 tsp almond butter and ice, as needed <b>SNACK:</b> ½ cup ricotta with ½ cup pomegranate seeds <b>LUNCH:</b> <b>Salmon Sandwich:</b> 3½ oz canned salmon, 1 stalk celery, chopped, ½ carrot, chopped, 2 tbsp smashed avocado and 1 tsp lemon juice on 2 slices bread, toasted, with 1 leaf romaine, 15 grapes <b>SNACK:</b> 15 black bean chips, ¼ cup salsa <b>DINNER:</b> 4 oz chicken and ½ clove garlic, baked 2 beets and 1 tsp olive oil, roasted; slice (eat ½, save leftovers) and top with 1 oz goat cheese ½ cup quinoa, cooked (makes 1 cup cooked; eat ¾ cup and save leftovers) and 6 almonds, chopped	<b>BREAKFAST:</b> <b>Warm Cherry-Berry Cereal:</b> Cook ¼ cup hot cereal in ¾ cup milk with ½ cup strawberries, 1 tbsp chopped dried cherries, 4 walnuts, chopped, and dash cinnamon <b>SNACK:</b> ½ cup cottage cheese and 2 tbsp chopped dried cherries <b>LUNCH:</b> <b>Turkey Sandwich*</b> 1 cup sliced roasted beets (leftovers) and 1 oz goat cheese 1 kiwi <b>SNACK:</b> 1 fruit & nut bar <b>DINNER:</b> 5 oz arctic char and ½ clove garlic, chopped, baked 1 bunch kale, chopped, sautéed in 1 tsp olive oil with black pepper, to taste (eat 1½ cups, save leftovers) 1 sweet potato, baked, and 1 oz goat cheese ½ pomegranate	<b>BREAKFAST:</b> 2 slices bread, toasted, and 1 oz goat cheese, 1 egg, poached, 1 grapefruit <b>SNACK:</b> <b>Cherry Trail Mix:</b> ½ cup muesli, 5 walnuts, chopped, and 1 tbsp dried cherries <b>LUNCH:</b> <b>Mexican Salad**</b> 15 black bean chips 1 string cheese <b>SNACK:</b> 1 slice bread, toasted, and 1 tbsp hummus <b>DINNER:</b> 4 oz beef, broiled 1 cup lentil vegetable soup 1½ cups sautéed kale (leftovers) 1 serving Three-Cheese Spaghetti Squash Casserole (see recipe, p. 81; save leftovers)	<b>BREAKFAST:</b> 1 cup cereal, ½ cup milk and 10 grapes, halved <b>SNACK:</b> <b>Banana Smoothie:</b> Blend 1 cup milk, ½ frozen banana, ¼ cup protein powder, dash cinnamon and ice, as needed <b>LUNCH:</b> 1½ tbsp almond butter and 2 tbsp dried cherries on 1 slice bread 1½ cups lentil vegetable soup and 1 tbsp goat cheese 1 apple <b>SNACK:</b> 2 rice cakes and 2 tbsp hummus <b>DINNER:</b> 4 oz chicken, baked 1 serving Three-Cheese Spaghetti Squash Casserole (leftovers, p. 81) <b>Side Salad:</b> 2 cups chopped romaine, ¼ cup each chopped carrot and cucumber, 2 tbsp diced red onion, 2 tbsp red wine vinegar and ½ tsp EVOO
<b>TOTAL NUTRIENTS:</b> <b>CALORIES:</b> 1,557, <b>FAT:</b> 54 g, <b>SAT. FAT:</b> 14 g, <b>CARBS:</b> 155 g, <b>FIBER:</b> 30 g, <b>SUGARS:</b> 44 g, <b>PROTEIN:</b> 122 g, <b>SODIUM:</b> 1,101 mg, <b>CHOLESTEROL:</b> 146 mg	<b>TOTAL NUTRIENTS:</b> <b>CALORIES:</b> 1,730, <b>FAT:</b> 54 g, <b>SAT. FAT:</b> 11 g, <b>CARBS:</b> 228 g, <b>FIBER:</b> 28 g, <b>SUGARS:</b> 73 g, <b>PROTEIN:</b> 105 g, <b>SODIUM:</b> 1,664 mg, <b>CHOLESTEROL:</b> 99 mg	<b>TOTAL NUTRIENTS:</b> <b>CALORIES:</b> 1,619, <b>FAT:</b> 58 g, <b>SAT. FAT:</b> 14 g, <b>CARBS:</b> 212 g, <b>FIBER:</b> 45 g, <b>SUGARS:</b> 39 g, <b>PROTEIN:</b> 101 g, <b>SODIUM:</b> 1,907 mg, <b>CHOLESTEROL:</b> 116 mg	<b>TOTAL NUTRIENTS:</b> <b>CALORIES:</b> 1,604, <b>FAT:</b> 49 g, <b>SAT. FAT:</b> 13 g, <b>CARBS:</b> 210 g, <b>FIBER:</b> 35 g, <b>SUGARS:</b> 68 g, <b>PROTEIN:</b> 102 g, <b>SODIUM:</b> 2,276 mg, <b>CHOLESTEROL:</b> 158 mg

\*\* **Mexican Salad:** Toss 3 cups chopped romaine, ¼ avocado, peeled, pitted and diced, ½ cup chopped cucumber, ¼ cup cooked quinoa (leftovers), ¼ cup salsa and 1 tbsp chopped cilantro; top with 1 black bean burger, cooked and chopped



**TIP:** If you're following our two-week meal plan, save leftover pesto for our Pesto Fish on p. 77!

## Beef & Walnut Pesto Pitas

**SERVES 2.**  
**HANDS-ON TIME:** 20 MINUTES.  
**TOTAL TIME:** 25 MINUTES.

### INGREDIENTS:

- $\frac{3}{4}$  tsp each garlic powder and red pepper flakes
- $\frac{1}{2}$  tsp ground black pepper
- $\frac{1}{8}$  tsp sea salt
- 6-oz beef eye of round
- 1 whole-grain pita, sliced into quarters
- 2 1-oz slices Swiss cheese, halved
- 4 thin slices vine tomato

### PESTO

- 1 cup fresh basil
- 2 cloves garlic, peeled
- $\frac{1}{4}$  cup extra-virgin olive oil
- $\frac{1}{4}$  cup raw unsalted chopped walnuts

### INSTRUCTIONS:

**ONE:** Arrange 1 oven rack in top and 1 rack in center of oven. Preheat oven to 450°F. In a small bowl, combine garlic powder, pepper flakes, black pepper and salt. Rub on all sides of beef and transfer to a roasting pan. Roast on center rack for 10 minutes.

**TWO:** Meanwhile, arrange pita quarters on a baking sheet and place  $\frac{1}{2}$  slice cheese in each. About 1 minute before beef is done, transfer pitas to top oven rack and bake for 1 minute. Turn off oven heat and let beef and pitas sit in oven undisturbed for 5 minutes.

**(NOTE:** Beef should reach an internal temperature of 145°F.) Remove beef from oven, cover loosely with foil and let rest for 5 minutes;

keep pitas in oven until ready to serve. Thinly slice beef against the grain.

**THREE:** Meanwhile, prepare pesto: In a food processor or blender, pulse basil and garlic until finely chopped. Slowly add oil and walnuts and pulse to combine.

**FOUR:** Remove pitas from oven. Open quarters and spread 1 tsp pesto in each. Divide beef and tomato among quarters.

### NUTRIENTS PER SERVING

( $\frac{1}{2}$  PITA):

**CALORIES:** 290, **TOTAL FAT:** 11 g, **SAT. FAT:** 4 g, **MONOUNSATURATED FAT:** 5 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 16 g, **FIBER:** 3 g, **SUGARS:** 3 g, **PROTEIN:** 29 g, **SODIUM:** 396 mg, **CHOLESTEROL:** 45 mg

## Indian Chicken & Vegetables

WITH TOASTED CUMIN RICE

**SERVES 4.**  
**HANDS-ON TIME:** 25 MINUTES.  
**TOTAL TIME:** 50 MINUTES  
(PLUS MARINATING TIME).

### INGREDIENTS:

- $\frac{3}{4}$  cup plain whole-milk yogurt
- 2 tbsp double-concentrated unsalted tomato paste
- 2 tbsp minced fresh ginger
- $1\frac{1}{2}$  tsp ground turmeric, divided
- 1 tsp each ground cayenne pepper, garam masala and Spanish smoked paprika
- 1 clove garlic, minced
- 1 lb boneless, skinless chicken breasts, cubed
- 1 head cauliflower, florets only

- 2 carrots, chopped into  $\frac{1}{4}$ -inch rounds
- $1\frac{1}{2}$  tsp curry powder
- 1 tsp garlic powder
- 1 tbsp olive oil, divided
- $1\frac{1}{2}$  tsp cumin seeds
- 1 cup brown basmati rice
- Chopped fresh cilantro, optional

### INSTRUCTIONS:

**ONE:** In a medium bowl, combine yogurt, tomato paste, ginger, 1 tsp turmeric, cayenne, garam masala, paprika and garlic. Add chicken and stir to coat. Transfer to an 8 x 8-inch baking dish, cover and refrigerate for 4 hours, or overnight for best results.

**TWO:** Arrange 1 rack in top and 1 rack in center of oven. Preheat oven to 450°F. Remove chicken from refrigerator, uncover and let sit at room temperature for about 10 minutes. Meanwhile, in a large heavy-duty zip-top bag, combine cauliflower, carrots, curry powder, garlic powder, remaining  $\frac{1}{2}$  tsp turmeric and 2 tsp oil. Seal bag and shake to coat. Spread on a large baking sheet. Transfer vegetables to top rack and chicken to center rack and bake for 30 minutes, until chicken is cooked through.

**THREE:** Meanwhile, in a medium saucepan, heat remaining 1 tsp oil on medium-high. Add cumin and toast, stirring constantly, for 1 minute. Add rice and toast, stirring constantly, until translucent, about 1 minute. Stir in  $\frac{1}{2}$  cups water and bring to a boil.



Cover, reduce heat to low and simmer gently until water is absorbed and rice is tender, about 40 minutes. Remove from heat and let steam, covered, for 10 minutes. Fluff with a fork.

**FOUR:** Serve chicken with rice and vegetables. Sprinkle with cilantro (if using).

#### NUTRIENTS PER SERVING

(3 OZ CHICKEN, 1 CUP VEGETABLES, ¾ CUP RICE):

**CALORIES:** 360, **TOTAL FAT:** 7 g, **SAT. FAT:** 1 g, **MONOUNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 42 g, **FIBER:** 4 g, **SUGARS:** 7 g, **PROTEIN:** 32 g, **SODIUM:** 139 mg, **CHOLESTEROL:** 70 mg

## Linguine

WITH CREAMY  
TURKEY RAGU

**SERVES** 4.

**HANDS-ON TIME:** 45 MINUTES.

**TOTAL TIME:** 1 HOUR,  
30 MINUTES.

#### INGREDIENTS:

- 1 tbsp olive oil, divided
- 10 oz cremini mushrooms, diced
- 2 carrots, diced
- 2 stalks celery, diced
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 3 oz baby spinach (about 3 cups), roughly chopped
- 1 lb lean ground turkey
- 4 oz double-concentrated unsalted tomato paste
- ¾ cup low-sodium chicken broth
- ¾ cup whole milk
- 1 tbsp fennel seeds

- 2 tsp ground cardamom
- 1 small juice orange, quartered
- 4 oz whole-grain linguine pasta
- ½ cup ricotta cheese
- ¼ cup fresh basil leaves, roughly chopped
- Ground black pepper, to taste

#### INSTRUCTIONS:

**ONE:** In a large pot, heat 2 tsp oil on medium-high. Add mushrooms and sauté, stirring occasionally, until liquid evaporates, about 5 minutes. Reduce heat to medium and stir in remaining 1 tsp oil, carrots, celery, onion, garlic and spinach. Sauté until onion is soft and translucent but not browned, about 10 minutes.

**TWO:** Add turkey and cook, breaking up with a wooden spoon, until cooked through, about 10 minutes. Add tomato paste and cook, stirring frequently, for 3 minutes; if needed, gradually stir in up to ½ cup water to prevent over-browning.

**THREE:** Increase heat to medium-high and stir in chicken broth. Bring to a simmer and cook, stirring and scraping up browned bits with a wooden spoon, for 2 minutes. Reduce heat to medium-low and stir in milk, fennel, cardamom and orange. Cover and simmer very gently for 45 minutes. Remove orange.

**FOUR:** About 15 minutes before turkey mixture is done, cook pasta al dente

according to package directions. Drain and rinse with cold water. Drain well and add to turkey mixture. Stir to coat and simmer gently for 5 minutes. To serve, top with ricotta, basil and pepper.

#### NUTRIENTS PER SERVING

(1½ CUPS):

**CALORIES:** 374, **TOTAL FAT:** 8 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 4 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 39 g, **FIBER:** 8 g, **SUGARS:** 4 g, **PROTEIN:** 39 g, **SODIUM:** 232 mg, **CHOLESTEROL:** 65 mg

## Three-Cheese Spaghetti Squash Casserole

**SERVES** 9.

**HANDS-ON TIME:** 25 MINUTES.

**TOTAL TIME:** 45 MINUTES.

#### INGREDIENTS:

- 1 spaghetti squash, halved lengthwise and seeded
- 2 tsp olive oil, divided
- 10 oz cremini mushrooms, chopped
- 1 yellow onion, diced
- 1 large jalapeño chile pepper, seeded and diced
- 1 clove garlic, minced
- 6 oz pepper jack cheese, grated
- 2 oz mozzarella cheese, grated
- ½ cup ricotta cheese
- 1½ tsp Spanish smoked sweet paprika
- 1 tsp sea salt
- ½ tsp ground black pepper
- 1 tbsp whole-wheat bread crumbs

#### INSTRUCTIONS:

**ONE:** Preheat oven to 375°F. Prick squash all over with a fork. In a 13 x 9-inch glass baking dish, place squash cut sides down and add ½ inch water. Bake for 1 hour.

**TWO:** Meanwhile, in a large skillet, heat 1 tsp oil on medium-high. Add mushrooms and sauté, stirring frequently, for 5 minutes. Add remaining 1 tsp oil, onion, jalapeño and garlic and sauté until onion is translucent, about 5 minutes. Let cool slightly.

**THREE:** With a fork, scrape stringy spaghetti squash flesh into a large bowl. Add mushroom mixture, cheeses, paprika, salt and black pepper and stir to combine. Spread in baking dish and sprinkle with bread crumbs. Bake for 25 minutes, until bubbly.

#### NUTRIENTS PER SERVING

(3 X 4-INCH PIECE):

**CALORIES:** 173, **TOTAL FAT:** 9 g, **SAT. FAT:** 4 g, **MONOUNSATURATED FAT:** 1 g, **POLYUNSATURATED FAT:** 0.5 g, **CARBS:** 13 g, **FIBER:** 1 g, **SUGARS:** 2 g, **PROTEIN:** 10 g, **SODIUM:** 220 mg, **CHOLESTEROL:** 28 mg



# freshMARKET

A SELECTION OF PROMOTIONS & EVENTS FROM OUR PARTNERS

## ESTER-C®, THE BETTER VITAMIN C®

Ester-C® is the only patented vitamin C formula that gives you 24-hour immune support you can count on.\* Clinically studied to stay in white blood cells (an important part of your immune system) longer than regular vitamin C, so one serving daily is all you need.\* Gentler on stomach too.

[www.AmericanHealthUS.com](http://www.AmericanHealthUS.com)



## PURELY INSPIRED ORGANIC PROTEIN

100% PLANT-BASTED ORGANIC PROTEIN NEW! Getting a USDA organic, plant-based protein at an everyday price is finally possible with Purely Inspired® Organic Protein! This vegan-friendly, gluten- and GMO-free formula has 20g of protein, 7g of fiber, and a fruit and veggie blend.

[www.purelyinspired.com](http://www.purelyinspired.com)



## ESSENTIAL FORMULAS REG'ACTIV DETOX & LIVER HEALTH

is an innovative formula that pairs proven liver health ingredients with a revolutionary, new probiotic strain. Lactobacillus fermentum ME-3 supports healthy glutathione levels in the liver. Glutathione is essential to the body's normal detoxification process, and the liver contains some of the highest levels of cellular glutathione in the body.

[www.essentialformulas.com](http://www.essentialformulas.com)



## NORDIC NATURALS OMEGA BOOST™ JUNIOR

Nordic Naturals Omega Boost™ Junior is a creamy, delicious formulation of omega-3s for ages 2+. Providing 285 mg omega-3s in an all-natural, Paradise Punch flavored formulation—no artificial colors or flavors—it's a great way to support children's brain and eye health, and healthy immune and nervous system function.\*

[www.nordicnaturals.com](http://www.nordicnaturals.com)



## NATURAL CALM®, THE ANTI-STRESS DRINK

Multi-award-winning Natural Calm is the best-selling magnesium supplement in the natural products market. Natural Calm supports heart and bone health, better sleep, natural energy production and natural stress reduction. We use only organic flavors and organic stevia. Vegan, gluten-free, certified non GMO. [www.naturalvitality.com](http://www.naturalvitality.com)

## PROBI 20 BILLION

Probi® 20 Billion from Solgar not only supports digestive health... it also helps with occasional gas and bloating while supporting abdominal comfort.\*

[www.solgar.com](http://www.solgar.com)



## EDEN MATCHA

A 30-gram can of the finest, organic, hand harvested, stone ground green tea powder from Japan. A cup of Matcha increases energy, calmness, and mental concentration. Wisk into hot or cold water. Citrus enhances antioxidant availability. Great in ice cream, and smoothies too. Contains half the caffeine of brewed coffee.

[www.edenfoods.com](http://www.edenfoods.com)



## DISCOVER GRAPEOLA®

With its clean taste, Grapeola® grape seed oil is ideal for everything from dressings to stir-fries and baking. And unlike other oils, Grapeola's high smoke point allows for frying without any smoking, burning or splattering. [www.grapeola.com](http://www.grapeola.com)



\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.





**Canadian School of Natural Nutrition**  
TEACHING THE MEDICINE OF THE FUTURE™  
**DISTANCE EDUCATION**  
Natural Nutrition Diploma Program  
NANP Approved  
www.nanp.org  
**1-800-328-0743**  
www.canadadistanceeducation.org  
canadadistanceeducation.com

**Check us out online at:**



**www.cleaneatingmag.com**

**U.S. POSTAL SERVICE STATEMENT OF OWNERSHIP, MANAGEMENT, AND CIRCULATION (Required by 39 USC 3685)**

1. Publication Title: Clean Eating; 2. Publication No. 1913-7532; 3. Filing Date: 9/15/15; 4. Issue Frequency: Jan/Feb, Mar, Apr, May, Jun, Jul/Aug, Sep, Oct, Nov/Dec; 5. No. of Issues Published Annually: 9; 6. Annual Subscription Price: \$24.97; 7. Complete Mailing Address of Known Office of Publication: 5720 Flatiron Parkway, Boulder, CO 80301; 8. Complete Mailing Address of Headquarters or General Business Office of Publisher: 2520 55th St #200, Boulder, CO 80301; 9. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor: Publisher: Joanna Shaw, 1697 Paddock St, Elizabeth, CO 80107; Editor: Alicia Rewega, 60 Atlantic Ave, Ste 200, Toronto, ON M6K 1X9, Canada; Managing Editor: None 10. Owner: Cruz Bay Publishing, Inc., 300 N Continental Blvd, Ste 650, El Segundo, CA 90245; 11. Known Bondholders, Mortgagees, and Other Security Holders: None; 12. Tax Status: Has Not Changed During Preceding 12 Months; 13. Publication Title: Clean Eating; 14. Issue Date for Circulation Data Below: October 2015; 15a. Total Number of Copies: 333,196 (Oct 2015: 317,984); b. Paid Circulation: (1) Mailed Outside-County Paid Subscriptions Stated on PS Form 3541: 76,575 (Oct 2015: 80,880); (3) Paid Distribution Outside the Mails Including Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS: 47,171 (Oct 2015: 47,972); c. Total Paid Distribution: 123,746 (Oct 2015: 128,852); d. Free or Nominal Rate Distribution: (1) Free or Nominal Rate Outside-County Copies Included on PS Form 3541: 29,856 (Oct 2015: 29,452); (4) Free or Nominal Rate Distribution Outside the Mail: 858 (Oct 2015: 705); e. Total Free or Nominal Rate Distribution: 30,714 (Oct 2015: 30,157); f. Total Distribution: 154,460 (Oct 2015: 159,009); g. Copies not Distributed: 178,736 (Oct 2015: 158,975); h. Total: 333,196 (Oct 2015: 317,984); i. Percent Paid: 80.12% (Oct 2015: 81.03%). Total circulation does not include electronic copies.



**Ultimate Anti-Aging! Wonder Serum!**

Better than Botox; Dremu Oil Serum is 100% pure and natural Triple Refined Emu Oil; promotes collagen; reduces fine lines and wrinkles; heals sun and scar damage; helps Rosacea, Eczema, Psoriasis, non-clogging, deeply hydrates, evens skin tone! 20% discount code: **CLEAN43** at:

**800-542-0026 OPEN 7 DAYS**  
**www.dremu.com**



**World's Finest Eye Cream!**

A "selections" product in Oprah's magazine. Refreshing, anti-aging Airbrush Eye Refining Treatment hydrates, soothes, reduces crows feet and puffiness, and promotes collagen for younger, brighter looking eyes. Code: **CLEAN42** at:

**800-542-0026 OPEN 7 DAYS**  
**www.dremu.com**

**CONTACT CE TODAY TO DISCUSS YOUR ADVERTISING OPTIONS!**



**Clean Eating**  
THE PREVENT & HEAL ISSUE  
Improving your life one meal at a time.  
56 Nutrient-Dense Family Recipes  
OCTOBER 2015  
THE LATEST RESEARCH ON PROTECTIVE SUPERFOODS  
EAT MORE PLANTS! 6 RECIPES THAT TURN UP THE VEG  
HEALING FOODS THAT:  
• Increase Energy  
• Help You Lose Weight  
• Boost Happiness  
• Add Years to Your Life  
Age Gracefully With a Sharp Mind  
20 Life-Extending Mediterranean Foods  
+ THE WORLD'S STRONGEST ANTIOXIDANT

**Clean Eating**  
**cleaneatingmag.com/advertise-with-us**



**IN GOOD CHEER ▲**

Even though the Susquehanna Glass Fa La La Stemless Wine Glasses are designed for wine, these cheery vessels are also a great choice for serving up cider, eggnog, sparkling water and more. **\$36, wayfair.com**



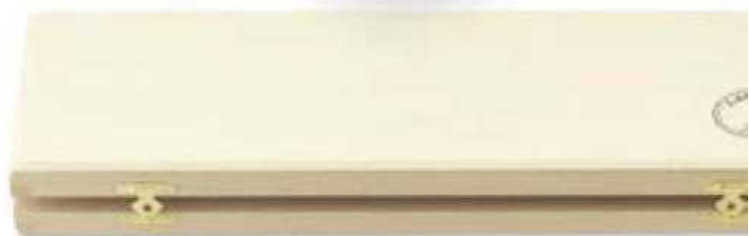
**REGAL TEA ►**

For special occasions, the Royal Copenhagen Blue Fluted Teapot serves tea in style while adding a touch of nobility and sophistication to your kitchen space. **\$125, royalcopenhagen.us**

# UNIQUE FINDS

Add a pop of color and fun to your favorite room with these inspired kitchen items sure to spark conversation.

BY LAURA SCHOBOR



**FIT FOR A FEAST ▲**

Inspired by the design of 19th-century French shepherd's tools, the Laguiole Jean Dubost Stainless-Steel Carving Set presents a carving knife and fork finished with stainless steel handles – all packaged up in a gift-worthy beechwood storage box. **\$80, williams-sonoma.com**

**◀ FASHION FORWARD**

This gorgeous porcelain Christian Lacroix Caribe Milk Jug by Vista Alegre holds up to 13 ounces of milk. Its tropically chic design of ferns, flowers, feathers and fireflies was inspired by the English embroidery that once adorned the petticoats of women living in Salvador da Bahia, Brazil. **\$129, graciousstyle.com**



**HOMEMADE WITH LOVE ►**

Add a personal touch to your edible holiday creations (such as the chocolate bark and fruitcake in "Season's Eatings" starting on page 68) with these 2½ x 2½-inch sprightly custom stickers. **\$10 per 8 stickers, minted.com**







### BAKER'S DELIGHT ▲

The Chef'n Cookie Machine Cookie Press includes 10 stainless steel disks for baking holiday-themed spritz cookies. Simply place the dough inside the machine and use the lever to push it out through the disks onto a baking sheet.

**\$35, [chefn.com](http://chefn.com)**



### COFFEE LOVER'S DREAM ►

The Bodum Chambord Copper 34 Ounce French Press is a beautiful gift for the coffee connoisseur. With its gorgeous dome-shaped top, this efficient press brews full-bodied, rich-tasting coffee in four minutes.

**\$50, [crateandbarrel.com](http://crateandbarrel.com)**



### PREP & SERVE ▲

Savor crackers, cheese, meats and fruit with the Bower Duo Server, a tasteful serving board that doubles as a food-prep surface. The marble and walnut components can be separated for versatility.

**\$180, [workof.com](http://workof.com)**



### ◀ CAST IRON WORKHORSE

The Timeless Beauty 10-inch Enamel Cast Iron Skillet in Plum from the Pioneer Woman by Ree Drummond collection makes a great gift for home cooks. It cooks steaks, roasts, stir-fries and roasted veggies beautifully on high heat thanks to its excellent heat-retention properties.

**\$35, [walmart.com/thepioneerwoman](http://walmart.com/thepioneerwoman)**

## Editors' Choice

### BLEND IT, BABY!

The retro charm of the 1950s meets modern-day functionality in this pretty pastel-blue four-speed SMEG blender. From blending smoothies and soups to crushing ice, it makes a great gift for foodies and comes in a variety of enticing colors.

**\$250, [smegusa.com](http://smegusa.com) for where to buy ☺**



### SAVVY SORTER ►

Keep your garbage, recycling and food scraps efficiently organized with the brilliantly compact Joseph Joseph Intelligent Waste Totem. This unit (40 centimeters wide x 30 centimeters deep x 79.7 centimeters tall) utilizes a variety of compartments and drawers as well as an odor filter, allowing you to tackle waste in a space-saving and environmentally friendly manner.

**\$249, [containerstore.com](http://containerstore.com)**



EAT CLEAN IN 2016!

# Next Issue

Hits newsstands January 5, 2016



**NONSTOP ENERGY:** CE's got simple changes that will dramatically increase daily energy. We're revealing power foods as well as foods that drain, plus 5 spectacular meals that will keep your engine revved all day long.



**SOUP Rx:** We're stirring up some hot and healthy pots of soup to keep you svelte and your immunity strong all winter long.



**A GUILT-FREE SUPER BOWL:** From hot seafood dip and mac 'n' cheese balls to a clean take on chicken nuggets, we've got all the irresistible finger foods your guests want at this year's Super Bowl party (don't worry – they'll never know they're clean!).

eat smart // **try this... with that**

## Mix 'n' Match Meals

Want to up your winter recipe game? Serve up these winning meal combinations for crowd-pleasing results.

### MENU 1 COMPANY'S COMING



Green Beans with Roasted Chestnuts, **p. 64**  
Coconut Cardamom Sweet Potatoes, **p. 63**  
Spiced Brisket with Shallots & Tangerines, **p. 43**  
Spiced Pumpkin Mousse, **p. 66**

**= 656**  
Calories

### MENU 2 THE HEARTY HERBIVORE



**= 354**  
Calories

Butter Leaf Salad with Grapefruit, Avocado & Buttermilk Yogurt Dressing, **p. 46**  
Thai Vegetable Curry, **p. 54**

### MENU 3 CLEANED-UP COMFORT



**= 556**  
Calories

Pumpkin & Pear Soup, **p. 46**  
Roasted Butternut Mac & Cheese, **p. 34**

### MENU 4 DINNER IN 30



**= 254**  
Calories

Maple-Glazed Carrots, **p. 41**  
Herbed Turkey Scallopine with Lemon Dijon Kale, **p. 55**

GARLIC, LEMON AND GINGER MORISFOTO/SHUTTERSTOCK, SOUP LAURA WRIGHT, CHICKEN STRIPS MAYA VISNYEI



# yoga JOURNAL **LIVE!** SAN FRANCISCO

## EXPLORE. PRACTICE. CONNECT.



PHOTO: WARIO M

JAN 14-18, 2016 | SAN FRANCISCO | HYATT REGENCY

LEARN MORE  
**YJEVENTS.COM**

Save 15% on a day, weekend, or  
full event pass with code: **CLEAN15**

Yoga Journal LIVE provides unique top-notch events for yoga practitioners of all levels, from all over the world, to experience the teachings, wisdom, and inspiration found in Yoga Journal Magazine. Come explore new styles, get inspired and connect with our world-renowned yoga teachers. Yoga Journal LIVE – held in San Francisco, New York, San Diego, Colorado, and Florida – feature classes, panels, full-day workshops, happy hours, free events and a Yoga Market with products and services for healthy balanced living.

sweet tooth

# LIGHT 'N' LUSCIOUS CHEESECAKE

Velvety cheesecake gets a festive makeover with a fragrant chestnut crust and a maple cranberry sauce drizzled over top.

## CHESTNUT-CRUSTED CHEESECAKE

with Cranberry Sauce

**SERVES 12.**

**HANDS-ON TIME:**

20 MINUTES.

**TOTAL TIME:** 1 HOUR,

15 MINUTES (PLUS

COOLING TIME).

### INGREDIENTS:

#### CRUST

- 1 cup vacuum-packed peeled roasted unsalted chestnuts (about 5 oz)  
(NOTE: This recipe works best with vacuum-packed chestnuts that you can find at grocery stores.)
- 3 tbsp almond meal
- 2 tbsp maple flakes

#### FILLING

- 3 large eggs
- 1 8-oz package full-fat cream cheese, room temperature
- 1½ cups whole-milk ricotta cheese
- 1 cup plain whole-milk Greek yogurt
- ¾ cup maple flakes
- 2 tsp finely grated orange zest, plus ¼ cup fresh orange juice
- 1 tsp each pure almond extract and pure vanilla extract

#### TOPPING

- 2 cups fresh or frozen cranberries
- ½ cup maple flakes

### INSTRUCTIONS:

**ONE:** Preheat oven to 375°F. Prepare crust: Mist a 9-inch springform pan with cooking spray. In a food processor, pulse chestnuts until coarsely

chopped. Add almond meal and 2 tbsp maple flakes and pulse to a crumb consistency. Press mixture into the bottom of prepared pan. Bake until golden brown, 8 to 10 minutes. Set aside to cool slightly. Reduce oven temperature to 325°F.

**TWO:** Prepare filling: Wipe out bowl of food processor and add all filling ingredients; process until smooth. Pour filling over crust and place pan on a baking sheet. Bake until filling is set, 45 minutes to 1 hour. (**TIP:** To help prevent cracking, turn off oven and allow cheesecake to come to room temperature with oven door ajar, about 1 hour longer.)

**THREE:** Meanwhile, prepare topping: In a small saucepan on medium-high, bring cranberries, ½ cup water and ½ cup maple flakes to a boil. Reduce heat to medium-low and cook, stirring occasionally, until cranberries burst open and sauce has thickened slightly, about 3 minutes. Remove from heat and cool to room temperature. Drizzle sauce over entire cheesecake, or slice and drizzle over individual servings.

### NUTRIENTS PER SERVING

(½ OF CAKE AND 1½ TBSP

SAUCE): **CALORIES:** 268,

**TOTAL FAT:** 13 g, **SAT. FAT:** 3 g,

**MONOUNSATURATED FAT:** 8 g,

**POLYUNSATURATED FAT:** 2 g,

**CARBS:** 18 g, **FIBER:** 9 g,

**SUGARS:** 7 g, **PROTEIN:** 23 g,

**SODIUM:** 452 mg,

**CHOLESTEROL:** 51 mg

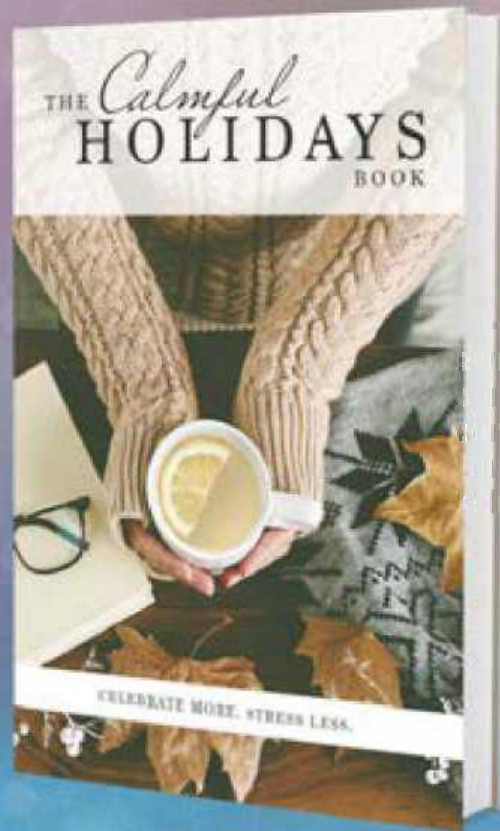
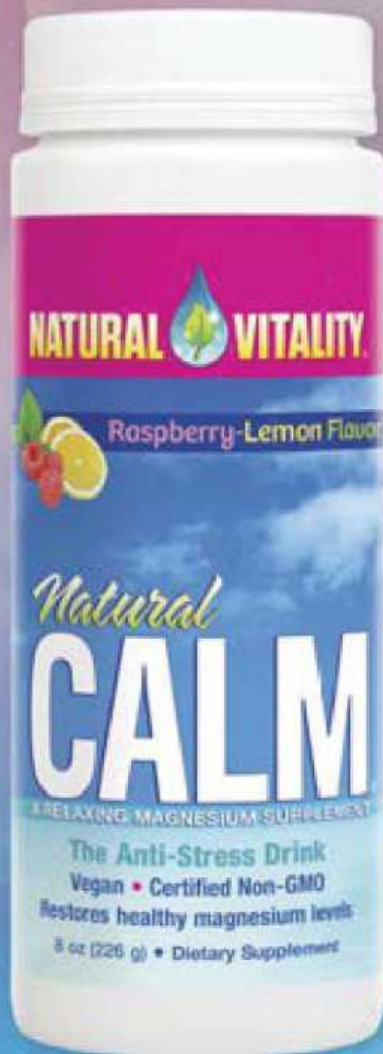




WISHING YOU

# Calmful Holidays

from the best-selling,  
multi-award-winning  
anti-stress drink



Free Calmful Holidays eBook  
at [www.naturalvitality.com](http://www.naturalvitality.com)



# WHOLE EARTH & SEA®

Pure Food

Imagine getting the benefit of a  
whole growing season in one tablet

Nutrients born from plants grown on our 100% non-GMO organic farms make these products the "Seed of Nutrition."

Learn more about these and other Whole Earth & Sea products at  
[wholeearthsea.com](http://wholeearthsea.com)



2015  
betternutrition  
BEST OF  
SUPPLEMENTS  
AWARD  
WINNER

**AWARD  
WINNING!**

Whole Earth & Sea



Available at natural  
health stores nationwide.

**natural  
Factors®**